



The ultimate Never-Skip-Leg-Day



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— Work Hard - Work Out Harder —

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11
0

3.8



Flexibility

0%



Muscle Str.

41%



Muscle End.

50%



Cardio

8%

6

Tags:

Legs

Beast Mode

3 x Runde 1

Pistol 10

1 Leg Wall Sit 15

3 x Runde 2

Lunge Kickback 20

High Jump 10

3 x Runde 3

Side Lunges 15

One Leg Hips Lift Bridge 15

This will get you some (positive) pain tomorrow - I guarantee it! But its a highly effective legs workout. If you didn't have enough after the last round, DO 5 MINUTES OF SQUATS on top!



Pistol

Extend one leg and go into a deep squat with the other.



1 Leg Wall Sit

Sit against a wall so that your legs form a 90° angle. Now lift one leg up and hold this position for half of the time. If too difficult, go a bit up to increase the angle of your leg.



Lunge Kickback

Alternately make a wide step forward with your right and left leg so that your front knee is above the center of your foot and your back knee touches the ground. When going up again, lift your front knee up and keep it close to your body.



High Jump

Jump as high as possible and try to bring your knees to your chest. Land softly in slightly bent legs.



Side Lunges

Do a wide side step while one leg is almost bent 90° and the other is kept straight. Pay attention to a straight back and change sides after each repetition.



One Leg Hips Lift Bridge

Lie on your back with the knees bent and feet hip-width apart. Place arms at your side and lift up the spine and hips. Only the head, feet, arms, and shoulders should be on the ground. Then lift one leg upwards, keeping the core tight. Slowly bring the leg back down, then lift back up.