

BBG: Leg Circuit

Created by *Julia*

3 min.
4.5 sec.

Difficulty
3.3



0%



8%



44%



46%

4
Exercises

Tags:

Legs

Kayla

BBG

Bikini Guide

Leg day

Runde

□



180 Degree Jump Squat

15Reps

Squats

15Reps

Lunge Walk

24Reps

Knee ups

24Reps

Description

This is a workout from Kayla Itsines' BBG Guide!! Enjoy

Exercise descriptions



180 Degree Jump Squat

Go as low with the squats as 90° and then explosively jump up and turn 180° in the air to slowly land in a squat position again.



Squats

Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward.



Lunge Walk

Make a wide step forward so that your front knee is above the center of your foot and your back knee touches the ground slightly. Do this as a walking movement.



Knee ups

Grab a chair or something of similar height. Stand in front of it and alternately step on it with your right and left leg while pulling the opposite leg toward your chest. Pay attention that you place your whole foot on the chair when pushing yourself up and to fully extend your leg before going down.

This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.

