



Lagging Legs Workout

Created by Dennis

13 min.  
0 sec.

Difficulty  
3.2



0%



30%



53%



15%

5  
Exercises

Tags: Legs Leg day Thighs

Runde



1 Leg Bridge	20sec.
1 Leg Bridge	20sec.
Jump	20Reps
Squats	40Reps
Quibber	20Reps
Heisman Shuffle	10Reps

Runde



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1 Leg Bridge	20sec.
Jump	20Reps
Squats	40Reps

□

Quibber

20<sub>Reps</sub>



Heisman Shuffle

10<sub>Reps</sub>

Runde



1 Leg Bridge

20<sub>sec.</sub>



1 Leg Bridge

20<sub>sec.</sub>



Jump

20<sub>Reps</sub>



Squats

40<sub>Reps</sub>

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Quibber

20<sub>Reps</sub>



Heisman Shuffle

10<sub>Reps</sub>

Runde



1 Leg Bridge

20<sub>sec.</sub>



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Jump

20<sub>Reps</sub>



Squats

40<sub>Reps</sub>

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Quibber

20<sub>Reps</sub>



Heisman Shuffle

10<sub>Reps</sub>

## Description

This will make your legs sore, I'm sure! For the first two exercises change legs

Exercise descriptions



### 1 Leg Bridge

Push your hip up and outstretch one leg. Keep this position half the time and change legs afterwards. Place your arms next to your upper body for stabilization and pay attention that your hip does not dip down. If too difficult, keep both legs on the ground.



### Jump

Jump and bring your knees to the level of your hips. Land softly in slightly bent knees.



### 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.



### Quibber

Take a deep squat position and go up and down on your toes.



### Heisman Shuffle

Start from a 90° squat position and seesaw from one leg to the other. If too hard, take a higher squat position. Pay attention to a straight back.

*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.*