

Created by Dennis



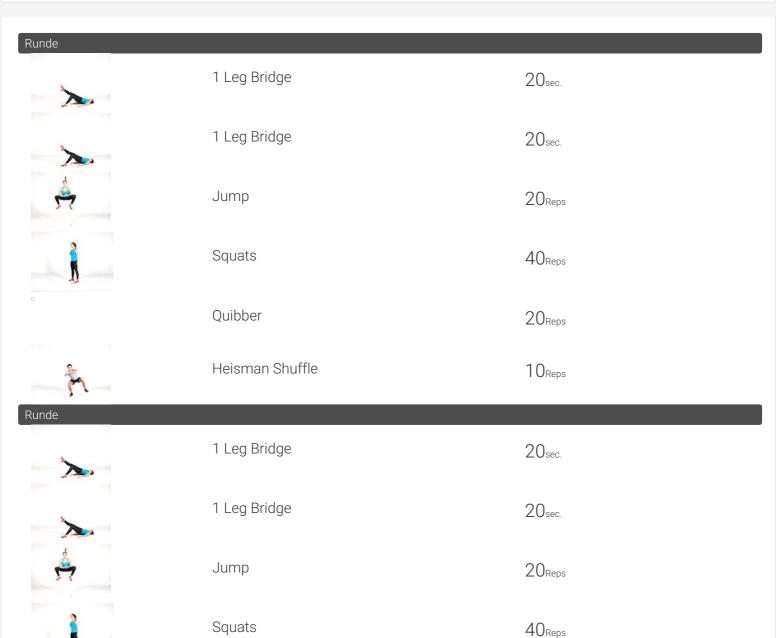


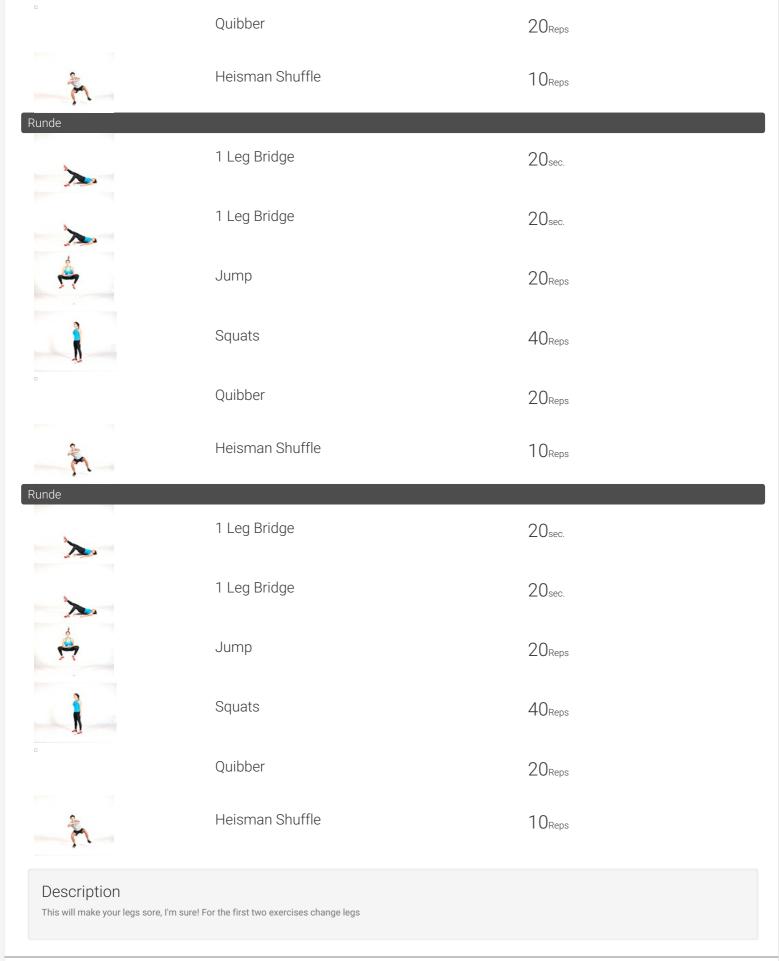




5 Exercises

Tags: Legs Leg day Thighs





# 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.

#### Ouibber

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 stra- ight 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.