

Run Faster - Legs
Workout

Sidefits Team

We strive to make the best out of your sports experience!

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9
15

3



Flexibility

0%



Muscle Str.

43%



Muscle End.

33%



Cardio

23%

5

Tags: Intense Super sets Legs

3 x Runde 1

Deep Squats 20

Lunge Kickback 20

3 x Runde 2

Heisman Shuffle 20

Ice Skaters 20

1 x Runde 3

High Jump 15

High Jump 10

High Jump 5

Nach diesem Workout möchtest Du Dir wahrscheinlich am liebsten beide Beine abnehmen - aber Du wirst schnell merken, dass es Dich schneller vorwärts bringt! Für Dein nächstes Lauf-Level.



Deep Squats

Similar to normal squats but all the way down. 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 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.



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.



Ice Skaters

Start from a shoulder wide stance and alternately do a wide side step back while not moving your front foot.



High Jump

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