



Kayla Itsines Leg Day

Created by *Cassandra*

6 min.
25 sec.

Difficulty
3.4



0%



23%



41%



35%

7
Exercises

Tags:

Runde



Lunge Walk

25Reps



Lunge Kickback

30Reps



Squat Jumps

15Reps

Runde



Easy Burpee

10Reps



Jumping Lunges

20Reps



Knee ups

25Reps



Sumo Squats

15Reps

Description

Exercise descriptions



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.



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.



Squat Jumps

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. Jump when going up and catch the jump slowly while taking a squat position.



Easy Burpee

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup hold position without going down, then immediately return the feet to the squat position. Leap up and clap your hands above the head before moving back into the pushup hold portion.

Jumping Lunges

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. Pay attention to a straight back and change sides by jumping up and switching while in the air.



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.



Sumo Squats

Start from a 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. Your legs should be bent 90°, if too hard, take a higher squat position.

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.

