**AD Leg workout:**

1. Jumping Jacks to Squats - 30 seconds

2. Assisted Pistol Squats - 10 reps per leg

3. Air Squats - 15 reps

Rest 30 seconds

4. Bulgarian Lunges - 10 reps per leg

5. Forward Lunges - 10 reps per leg

Rest 30 seconds

6. Invisible Chair Squat Hold - 30 seconds

7. Jumping Jacks to Squats - 10 reps

**Thenx Leg Workout**

1. Squat lunges 30 seconds
   1. (15 seconds rest)
2. Bulgarian split squat 10 each leg
3. Lunges 10 each leg
4. Jumps squats 15 reps
5. Jumping jacks 40 reps
6. Squats 20 reps
7. Side squat 10 each leg
8. Crab walk 30 seconds
9. Calf raises 15 each leg
10. Wall sit 45 seconds

(3 rounds)