

the holiday hustle

leg workout

Grab a barbell to put across the back of your shoulders for the majority of the exercises, a step, and a mat (optional, for comfort). Perform the moves below, one immediately after the next, resting at the end for 60s. Repeat the entire circuit 2-3 more times for a total of 3-4 rounds.

Barbell squats - 15

Curtsy lunges - 15/side, alternating

Reverse lunge with knee lift - 15/side

Single-leg squat on step - 15/side

Single-leg squat pulse on step - 20/side

Squat jumps - 15

Kneeling kickback + pulses - 15 + 20 pulses

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Repeat circuit for a total of 3-4 rounds, then stretch and foam roll to recover.