

# the legs on fire workout

Complete the circuit below 4 times through, stopping only if you need to. Your heart rate should come up for the box jumps, dumbbell burpees and skipping, whereas the focus for the sumo squats and walking lunges is more on muscle contraction. When you've finished the 4 rounds, complete the squat jump/air squat finisher, then cool down and foam roll.

**4 rounds of:**

**16 box jumps**

**16 kettlebell sumo squats (slow)**

**10 dumbbell burpees**

**20 uneven dumbbell walking lunges**

**200 skips**

.....  
**finisher:**

**20 squat jumps / 20 air squats**

**15 squat jumps / 15 air squats**

**10 squat jumps / 10 air squats**

**5 squat jumps / 5 air squats**

.....  
cool down + foam roll