

# Legs Home Workout

## Sumo Squats/X-Back Lunges/Step-Ups

- Sumo Squats 15 repetitions
- X-Back Lunges 10 repetitions (each side)
- Step-Ups 10 repetitions (each side)
- Squats 15 repetitions
- X-Back Lunges 10 repetitions (each side)
- Step-Ups 10 repetitions (each side)
- Squats 15 repetitions
- X-Back Lunges 10 repetitions (each side)
- Step-Ups 10 repetitions (each side)

Sumo Squats



X-Back Lunges



Step-Ups



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Adductors/Fire Hydrants/Hamstring Curls

- Adductors 15 repetitions
- Fire Hydrant 15 repetitions (each side)
- DB Ham Curl 10 repetitions
- Adductors 15 repetitions
- Fire Hydrant 15 repetitions (each side)
- DB Ham Curl 10 repetitions
- Adductors 15 repetitions
- Fire Hydrant 15 repetitions (each side)
- DB Ham Curl 10 repetitions

Adductor (Inner Thighs)



Fire Hydrant



DB Reverse Curl