

10 Minute Lower Body Workout Without Weights

Equipment needed: Mat (optional)

Workout

1. 1 minute bridge



2. Side lying series (20 sec of each movement)



Starting Position

- a. Leg lifts



- b. Forward kicks
 - start in position above (a); kick leg forward and then back to starting position
 - c. Back kicks
 - kick leg back and then to starting position
 - d. Forward/back kicks
 - kick leg forward and then back
 - e. Forward circles (small)
 - f. Forward circles (big)
 - g. Back circles (small)
 - h. Back circles (big)
 - i. Pulses
 - small leg lift up and down
- *Repeat on other side

3. 1 minute bridge

4. Table top position (on hands and knees)

- a. 8 straight leg lifts- extend leg out, lift and lower



- b. 8 kickbacks (knee bent to 90 degrees)



*Repeat on other side