

HIIT-TABATA Legs

SUMO SQUAT

Stand with your feet slightly wider than hip width apart and rotate your feet outward. With your arms outstretched or together at your chest push your hips back and lower yourself down. Keep your back straight and your chest up. Push up through your heels to standing and repeat.



BUTTOCKS KICK

Stand tall with your core engaged. Start running on the spot bringing your heels up towards your buttocks rapidly, drive/swing your arms as comfortable.



CURTSY LUNGE

Stand with your feet hip width apart (arms can be at your sides or on your hips) and take a big step back with your right leg reaching back and crossing it behind your left leg. Bend your knees and lower your hips until your left leg (front leg) is nearly parallel to the floor. Keep your chest up and your hips square. Push up and straighten your knees - repeat



SQUAT PULSE WITH SIDE STEP

Stand with your feet hip width apart. With your arms outstretched or together at your chest push your hips back and lower yourself down. Keep your back straight and your chest up. Hold your squat position and do a small pulse (slight movement up and down), while maintaining your squat position take a step out to the right side. From this new wide squat position do another small pulse before bringing your right leg back to regular squat position. Push up through your heels to standing and then repeat stepping out with the left leg.

