

Legs Training Session 1 - HIIT

Complete the following workout in a circuit format with minimal rest between each exercise.

Complete 20 reps of each exercise and 3 sets of the circuit.

Exercise	Teaching Points
Bodyweight Squats	<ul style="list-style-type: none">• Stand tall with your feet shoulders width apart, facing forward• Keeping your feet flat on the floor, bend your knees and push your hips backwards and lower down into a squat position• Stand back up straight keeping your chest up and back straight throughout the movement
Alternate Lunge	<ul style="list-style-type: none">• Stand tall with your feet hips width apart, facing forward• Take a step forward with your right foot and bend both knees to 90 degrees• Keep your right foot flat but left your left heel lift off the floor• Using both legs and your glutes, push off with your right foot and step back to your starting position• Repeat with your left leg
Sumo Squats	<ul style="list-style-type: none">• Stand tall with your feet wider than shoulders width apart and your feet facing out• Bend your knees and drop your hips down so that your bottom is as close to your heels and the floor as possible• Your knees should stay over the line of your toes• Keep your chest up and your back straight throughout the movement
Reverse Lunge	<ul style="list-style-type: none">• stand tall with your feet hips width apart, facing forward• Take a step back with your right foot onto your toes and bend both knees to 90 degrees• Keep your left foot flat on the floor• Engage the muscles in your legs and bottom and push off with your right foot and bring it back level with your left• Repeat on the other side
Ski Squats	<ul style="list-style-type: none">• Stand tall with your feet closer than hips width apart• Keeping your knees over the line of your toes, bend your knees and push your hips back as you lower down into a narrow squat position• Stand up tall and then repeat the squat• Keep your chest up and back straight throughout the movement

Alternating Side Lunge

- Stand tall with your feet hips width apart, facing forward
- Step your right foot out to the side, bending your right knee keeping it in line with your toes
- Keep your left knee straight
- Step back in with your right foot and repeat on the left hand side