**GROUP EXERCISE INSTRUCTOR JENN MILLER’S LEGS AND CORE WORKOUT**

**Perform 1-3 rounds**

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| Exercise Name | Repetition or Duration |
| 1a: Reverse Lunge | 10-15 reps each leg |
| 1b: Reverse Lunge Kick Out | On the way up add the kick-out  |
| 2a: Sumo Squat | 10-15 reps each side |
| 2b: Elbow to Opposite Knee | On the way up add crunch across midline |
| 3a: Plank | Hold center (5 seconds) between rotations |
| 3b: Diagonal Mountain Climber | 8-10 each side (squeeze) |
| 4: Bicycle | 30 seconds fast, 30 seconds slow |
| 5a: Squat/Lunge/Squat/Lunge rotation | 60 seconds: Fast rotation between the 2 exercises  |
| 5b: Curtsy lunge | Squat followed by right leg diagonal back |
| 5c: Squat | Back to center squat |
| 5d: Curtsy Lunge | Left leg diagonal back  |
| 6: Airplane Pulse- Glutes & back muscles | 45-60 seconds each leg |
| 7a: Chair Squat | Stay low |
| 7b: Fast Side Taps | 30-45 seconds, in & out side taps each leg  |
| 7c: Fast Reverse Taps | 30-45 seconds, reverse taps each leg  |
| 8a: Squat |  |
| 8b: Side Kick Punch Arm Forward | 10-15 reps each side |
| 9a: Pulsing Curtsy Lunge | 45-60 seconds pulsing each leg (stay low) |
| 9b: Opposite Leg | Same exercise opposite leg |
| 10: Superman  | 45-60 seconds, hold & squeeze all muscles  |