

GROUP EXERCISE INSTRUCTOR JENN MILLER'S LEGS AND CORE WORKOUT

Perform 1-3 rounds

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