

Strength Workout:

- **Pushups: 10 before bed, work up to 25-30 each day**
 - I realize this isn't working legs, but it's a great overall strengthening workout, so do 'em!
 - If you want to integrate legs, put a resistance loop around thighs, do a push up, alternate lifting one leg when in plank position between push ups. Great glute exercise!
- **Air Squats 25 reps x 4 different types: shoulder width, feet together, sumo (toes pointed out), pulse (pause half way down, then go all the way down, repeat!)**
 - Shoot butt back as though sitting in chair, chest up, track knees over 3rd toe, weight back in heels
- **Speed Skaters 45sec-1min x3 sets**
 - From a normal standing position, take a *big* step out to the right. As you do, sweep your left leg behind you while bringing your left arm across your body. Then, step to the left, bringing your right leg behind you and your right arm across your body. Continue alternating sides, building up speed
- **Frog Jumps 10-20 reps x3 sets**
 - Get low in legs, use your arms to help you get out far! Land as softly as possible, loose in knees to absorb your landing
- **Jumping lunges 10-20 reps x3 sets**
 - Also known as an alternating split jump lunge or a scissors lunge –assume a lunge position by placing 1 foot in front of the other and bending at the knees. Use your legs to push off in a jump, alternating legs while in jump
- **Buddha squats 10-15 reps x3 sets each leg**
 - Start with feet shoulder width apart, step right leg back and squat down as though you're going to tie your left shoe. Right knee touches down to ground, sit back on your right heel. From that position drive up through your left leg to come back to standing. 10-15 reps each leg.
- **Standing Good Mornings 10-15 reps x3 sets**
 - Balance on left leg, right leg goes straight behind you as the chest falls forward (hands on hips, in front in praying position, or behind head, where ever you find best balance) 10-15 reps each leg
- **Wall sits 30 seconds to 1 minute x3 sets**
 - With back pressed against wall slide down until knees are at 90 degrees, hold that position, keep your hands off your knees!

