



7 DAY Exercise Planner

by Selasi Berdie

Legs of Steel



What you need: Suitable exercise space

Explanation: Want to burn fat plus tone and strengthen your legs? Then this workout is for you.

Note: For advanced level athletes you can add weight to these exercises.

Sumo squats

Start



Finish



Waking Lunges

Start



Finish



Calf raises

Start



Finish



Hip thrusts

Start



Finish



Beginner



Sumo squats



Waking Lunges (10 reps for each leg)



Calf raises (Use door way)



Hip thrusts

Intermediate



Sumo squats



Waking Lunges (10 reps for each leg)



Calf raises (Use door way)



Hip thrusts

Advanced



Sumo squats



Waking Lunges (10 reps for each leg)



Calf raises (Use door way)



Hip thrusts