

## ***Lower Body Blast***

***20 Squats***

***30 Lunges***

***40 Calf Raises***

***50 Second Wall Sit***

***100 Jumping Jacks***

***50 Second Wall Sit***

***40 Sumo Squats***

***30 Standing Leg Raises***

***20 Squats***

***Add cardio if you're up for it...20 minutes should do the trick!***

***...Don't forget to stretch!***