

# Simply Anywhere Leg Workout



Perform 10 (intermediate) or 15 (advanced) repetitions of each exercise for 3-5 rounds

30sec break in between sets

Rest for 1 minute in between rounds

Exercises	Technique / Tips	Muscle Group Worked	Progression / Regression
<b>Laying Hamstring Curls</b>	<p>Lay on your front with legs tucked together</p> <p>Bring both heels slowly up towards your knees squeezing the back of your knees</p> <p>Slowly lower your heels back down to start and repeat</p>	<b>Hamstrings + Glutes</b>	<p>Progression – If possible hold a weight like a bag of sugar between feet</p> <p>Regression – Perform single leg at a time</p>
<b>Forward Lunges</b>	<p>Start with feet hip width apart and chest high</p> <p>Step forward on one leg, lowering onto your knee until both knees are bent equally with your back knee just off the floor</p> <p>Squeeze your glutes and stomach and step back to original position, repeat on other leg</p>	<b>Quads + Hamstrings</b>	<p>Progression – Turn to jumping lunges</p> <p>Regression – Hold onto object like table for support</p>
<b>Squats</b>	<p>Stand feet shoulder width apart with chest high</p> <p>Push your weight through your heels dropping down through your hips until your hips align with your knees</p> <p>Keep your stomach tight and chest high and push through your heels to return to start position and repeat</p>	<b>Quads, Glutes + Hamstrings</b>	<p>Progression – Turn to squat jump</p> <p>Regression – Decrease range or hold onto object for support</p>
<b>Straight Leg Reach Down</b>	<p>Stand with feet together legs straight</p> <p>Push back through folding through your hips as you reach down towards your feet</p> <p>Bend your knees slightly but keep as straight as you can squeezing behind your knees</p> <p>Keep your back straight and return to start</p>	<b>Hamstrings</b>	<p>Progression – Stand on a stair to increase range</p> <p>Regression – Decrease range of movement</p>
<b>Reverse Lunge to High Knee</b>	<p>Start with feet hip width apart and chest high</p> <p>Step backward on one leg, lowering onto your knee until both knees are bent equally with your back knee just off the floor</p> <p>Squeeze your glutes and stomach and step back to original position, bringing the same knee up toward your chest</p>	<b>Quads, Glutes + Hamstrings</b>	<p>Progression – Turn to jumping lunges</p> <p>Regression – Hold onto object like table for support</p>
<b>Standing Calf Raises</b>	<p>Place both hands shoulder width apart on a wall and lock your arms straight</p> <p>Keeping your legs straight, push up through your toes lifting your heels off the floor squeezing your calves</p> <p>Slowly lower down to the starting position and repeat</p>	<b>Calves</b>	<p>Progression – Perform for just one leg</p> <p>Regression – Carry out from a seated position</p>

\*Make sure you perform a thorough warm up & cool down pre and post every workout you complete!  
Ensure you are positioned in a safe environment with enough room to complete the exercises.