

SIMPLE LEG EXERCISE FOR BEGINNERS

STEP 1: Warm up your legs but most importantly your ankles, you can do this by rolling your ankles for 10 seconds on each foot.

STEP 2: Do 5 forward lunges and 5 reverse lunges



STEP 3: Stand up straight and extend your arms, bend your knees and lower into a squat. remain in the squat position for 20 seconds, then jump and repeat 5 times



STEP 4: Get onto the floor and lie sideways with your legs stacked on each other, lift your top leg to the ceiling and put it down slowly for 30 seconds and then switch sides



STEP 5: Get back up and stand with your feet hip width apart and put your arms behind your head then slowly bend down without bending your knees. Stop when your chest is parallel to the floor. Slowly get back up and repeat 5 times

***avoid bending your knees like in the picture**



STEP 6: Cool down by breathing in through your nose and out through your mouth and you are done.