INEXPENSIVE WOMENS LEG WORKOUT

WARM UP	SETS	REPS
JUMP ROPE	2	2 MINUTES
MINI BAND MONSTER WALK	2	10 EACH WAY
MINI BAND FIRE HYDRANT	2	10 EACH LEG
MINI BAND SQUAT	3	12 REPS

IF YOU DO NOT HAVE A MINI BAND JUST DO THE EXERCISES WITHOUT IT

JUMP BROS

INEXPENSIVE WOMENS LEG WORKOUT

STRENGTH DAY	SETS	REPS
SINGLE LEG ELEVATED GLUTE BRIDGE*	4	6 EACH LEG
OVERHEAD BULGARIAN SPLIT SQUAT	4	8 EACH LEG
BANDED SQUAT	4	12 REPS
BANDED GOOD MORNING	4	8 REPS

*PAUSE AT THE TOP FOR 3 SECONDS EACH REP

JUMP BROS

INEXPENSIVE WOMENS LEG WORKOUT

SPEED/TENDON	SETS	REPS
SHUTTLE RUN	4	6 X 10 METERS
SINGLE LEG HOPS	3	10 EACH LEG
BANDED SQUATS FOR SPEED	4	6 REPS
BANDED SPRINT	4	15 SECONDS
JUMP ROPE	2	2 MIN

JUMP BROS

REST TIME AND TIPS

REST TIME & TIPS

Rest time: For each exercise, you should rest for 90 seconds to 120 seconds. If you need more rest feel free to take more, just make sure you do not rest too long to the point where you need to warm up again

JUMP BROS