

30 Minute Leg Toning Workout

LOWER BODY WORKOUT			
EXERCISE	REPS	SETS	REST (Seconds)
1. Jog/Walk for 5 minutes			None
2. Ball Wall Squats	15	2	None
3. Leg Extensions w/exercise bands	15	2	None
4. Ball Lunges	15	2	None
5. Kneeling Leg Extensions	15	2	
6. Single seated dumbbell Calf Raises	15	2	
7. Band Lying Calf Extensions	15	2	
8. Ball Calf Stretch	15	2	
9. Glute Twist	15	2	
10. Jog/walk	5 minutes		

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