

# 5-day Lean Legs Workout Plan

*Start your workout with this warm-up:*

20 Jumping Jacks  
20 Toe Touches (each side)  
20 Count Jog-in-Place  
20 Front Kick Touches (each side)  
20 High Knees  
20 Butt Kickers

*Finish your workout with these stretches:*

10 Count Butterfly  
10 Count Seated Toe Touch  
\*\*\*10x Left, Right, Middle  
10 Count Standing Toe Touch  
10 Count Standing Quad Stretch  
\*\*\*10x each leg

*Monday, Wednesday, Friday:*

*Cardio Warm-up*

15 Plié Squats  
15 Side Leg Lifts (15x per side)  
15 Plié Jump Squats  
20 Pulsing Plié Squats (up & down)  
10 Plank Leg Lifts (10x per side)  
20 Bridge Raises  
20 Supermans  
<<<Redo Circuit>>>

*Cooldown Stretches*

*Tuesday and Thursday:*

*Cardio Warm-up*

20 Squats  
30 Count Squat Hold  
20 Count Squat Pulses  
<<<Redo Circuit>>>  
20 Alternating Lunge Kicks  
20 Jump Lunges  
30 Count Lunge Hold (each side)  
<<<Redo Circuit>>>  
20 Calf Raises  
10 Single Calf Raises (10x per side)  
<<<Redo Circuit>>>

*Cooldown Stretches*

*Check the stars off as you complete each daily workout!*



*Day 1*



*Day 2*



*Day 3*



*Day 4*



*Day 5*