

# Easy Exercises for Strong Legs

flutter kick squats



3sets 45sec

heel beats



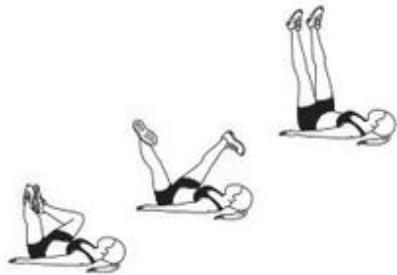
3sets 60sec

bear squats



3sets 60sec

diamond kicks



3sets 60sec

plie squat calf raise



3sets 45sec

front and back lunges



3sets 30sec + 30sec

wall sit



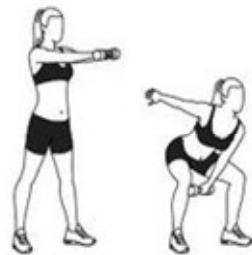
3sets 45sec

quick feet



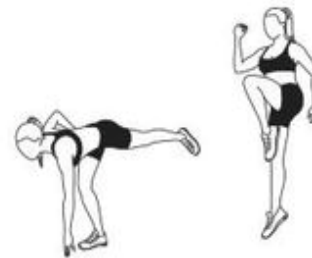
3sets 45sec

alternating dumbbell swing



3sets 60sec

touch and hop



3sets 30sec + 30sec

It is recommended that you consult your physician or other health care professional if you are new to exercise or unsure if you are medically able to perform these exercises. Listen to your body and be sure to modify any shown exercise. Start off by only completing one set and progress to the recommended three sets as you get stronger and more comfortable with the movements.

For details on how to do each of the exercises, visit <https://www.spotebi.com/workout-routines/skinny-legs-workout-slim-toned-legs-for-summer/>

Be sure to start off with a Warm up (about 5 minutes) and end with Stretches (about 5 minutes). Examples also shown on the above mentioned website.

Contact me with any questions: [debby\\_schiffer@targetingwellness.com](mailto:debby_schiffer@targetingwellness.com)