

nutritionella

{lean legs} sandwich #1

4 leg-toning HIIT moves sandwiched between 2 cardio intervals

Equipment needed: cardio + a step + (1) 8-15 pound weight

Exercise

Time

CARDIO #1: biking, running, Elliptical, Stair climber etc...

Kick it up a notch: incorporate 30 second-1 minute “hard” intervals to make it more challenging

15 minutes

HIIT Move #1

Knee-up Lunges (alternating 30 seconds/leg, use stair)
60 seconds hard followed by **20 seconds rest (x 3 rounds)**

4 minutes

Rest

1 minute

HIIT Move #2

Speed Skaters
60 seconds hard followed by **20 seconds rest (x 3 rounds)**

4 minutes

Rest

1 minute

HIIT Move #3

Prisoner Get-ups
40 seconds hard followed by **20 seconds rest (x 4 rounds)**

4 minutes

Rest

1 minute

HIIT Move #4

Squat Jump & Goblet Squat (alternating)
20 seconds squat followed by **10 seconds rest (x 8 rounds)**

4 minutes

Rest

1 minute

CARDIO #2: biking, running, Elliptical, Stair climber etc...

Kick it up a notch: incorporate 30 second-1 minute “hard” intervals to make it more challenging

15 minutes

time | 50 minutes

Notes

Hard – Push yourself as close to your max as you can. The point is to wear yourself down so you feel like you can barely finish the last round.

Rest – **Between rounds**, move MINIMALLY. You want to allow your heart rate to decrease as much as possible in that short amount of time to help you rebound for your next round. **Between moves**, get set up for the next one. This will keep your heart rate elevated but still allow it to slow down a bit.



Knee-up Lunge (with step): Place right foot on the step. It will stay in contact with the step the entire time. Draw your navel in towards your spine & stand up straight. Push up with the right heel on the step & draw your left knee to the chest. Bring left leg down behind you into a deep lunge until left shin is just parallel to floor. Repeat for 30 seconds & switch legs.

Speed Skater: Cross your left leg behind the right leg as you bend your right knee 90 degrees so thigh is parallel to the floor. Extend your right arm out to the side and touch left hand near right foot. Jump a few feet to the other side, switching the position of your legs and arms.

Prisoner Get-up: Put your hands behind your head (yep, like a prisoner.) Sit down on your mat/carpet & lay down completely flat with hands remaining behind your head. Now Keep your hands behind your head, do a crunch pulling legs in, crossed at ankles and stand up to the starting position. Repeat.

Squat Jump: With your feet a bit wider than hips-width apart, descend into a squat so thighs are parallel to the floor, sitting back & keeping knees behind your toes. Drive up, push hard through your ankles, knees, and hips. Try to absorb the landing with the front half of your feet, *then* sinking back onto your heels as you go into your next squat.

Goblet Squat: Hold a weight (8-15 pounds) with arms bent & both with hands (like a wine goblet). Squat down until legs parallel to the floor, knees behind toes & keeping your back. (Leaning forward for balance = ok. Curving your spine = not okay). As you return to standing, stand up, contract your booty and thigh muscles. Repeat.