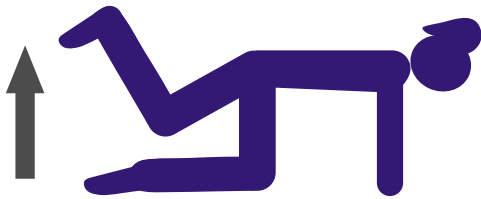


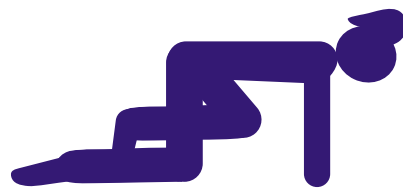
# Floor leg exercises circuit

3 SETS OF EVERYTHING

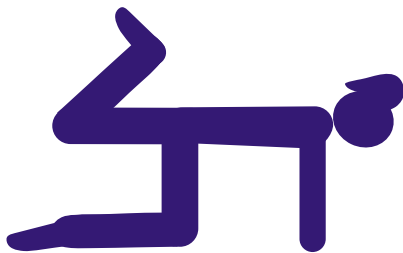
20 REPS ON EACH LEG (10 EACH WAY FOR LEG CIRCLES)



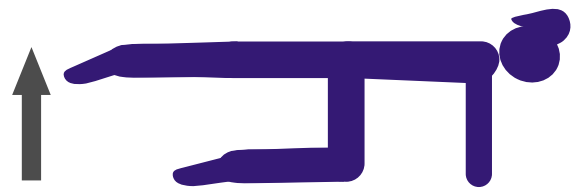
DONKEY KICKS  
20 EACH LEG



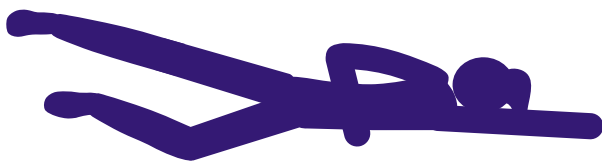
FIRE HYDRANTS  
20 EACH LEG



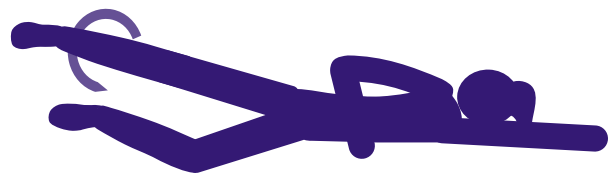
HAMSTRING CURLS  
20 EACH LEG



HIP EXTENSION  
20 EACH LEG



SIDE LEG LIFT  
20 EACH LEG



SIDE LEG CIRCLES  
10 EACH DIRECTION/  
EACH LEG

