

Daily Workout

LEGS

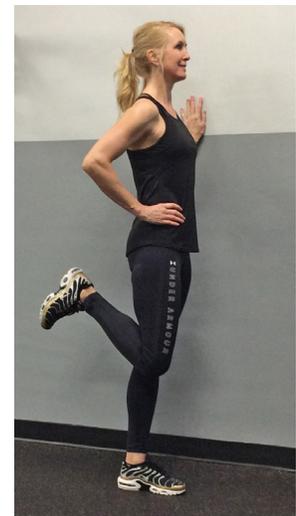
Step 1: Two sets of 20 jumping jacks.

Step 2: Two sets of 10 **goblet squats** - Stand with your feet slightly wider than hip-distance apart, your toes angled slightly outward. Hold a dumbbell or weighted object in both hands at your chest, gripping the handles as though you were cupping a goblet—one hand on either side. Bend your elbows so the “goblet” is positioned at the center of your chest. Press your hips back and begin bending your knees to perform the squat. Keep your chest up, and make sure your weight remains evenly distributed across your feet. Lower until your thighs are parallel with the floor, keeping your knees behind your toes. Press through your heels and push up to



Goblet Squat

Step 3: Two sets of 10 **standing hamstring curls** – Stand with your feet hip-width apart. Place your hands on your waist or on a sturdy object for balance. Slowly bend one knee, bringing your heel toward your butt. Keep your front of your thighs parallel to one another. Slowly lower your foot. Repeat with the other leg. To get more work out of the hamstrings, strap a weight or weighted object to the ankle that you are lifting.



Standing Hamstring Curl

Step 4: Three sets of **calf raises** - Stand on a step or sturdy raised object. Rest your hands, or one hand, against a wall or fixed object for balance. Raise your heels a few inches above the edge of the step so that you're on your tiptoes. Hold the position for a moment, and then lower your heels below the platform, feeling a stretch in your calf muscles. To increase the intensity of the exercise, hold weights in each hand if you are able to balance without holding on.

Calf Raises

Step 5: Light stretching.

