

WORKOUT OF THE WEEK

A leg and glute workout designed to build strength and increase muscle tone

Do 4 x sets of each exercise

squats	20, 20, 15, 15 reps
fitball hamstring curls	20, 20, 15, 15 reps
single leg press	20, 15, 12, 10 reps
leg extensions	20, 20, 15, 10 reps
single leg kickbacks	20, 15, 12, 10 reps
calf raisers	20, 20, 15, 15 reps

Check out our [plasmas](#) or [website](#) page for the demo video!