

30 DAY LEG WORKOUT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leg Routine #1		Leg Routine #2		Leg Routine #3	
		Leg Routine #4		Leg Routine #5		Leg Routine #1
	Leg Routine #2		Leg Routine #3		Leg Routine #4	
		Leg Routine #1		Leg Routine #2		Leg Routine #3
	Leg Routine #4		Leg Routine #5		Leg Routine #1	

Leg Routine #1	Leg Routine #2	Leg Routine #3	Leg Routine #4	Leg Routine #5
Wall Sits 20 seconds	Calf Raises 20 reps 3 sets	Leg circles 30 seconds Each side	Split Squat 10 reps 3 sets Each side	Sumo squats 10 reps 3 sets
Sumo squats 10 reps 3 sets	Split Squat 10 reps 3 sets Each side	Side leg raises 20 reps 3 sets Each side	Side lunges 10 reps 3 sets Each side	Calf Raises 15 reps 3 sets
Leg circles 30 seconds Each side	Wall Sits 35 seconds	Wall Sits 35 seconds	Side leg raises 20 reps 3 sets	Leg circles 30 seconds Each side
Calf Raises 15 reps 3 sets	Side leg raises 20 reps 3 sets Each side	Sumo squats 10 reps 3 sets	Calf Raises 20 reps 3 sets	Side lunges 10 reps 3 sets Each side
Split Squat 10 reps 3 sets Each side	Side lunges 10 reps 3 sets Each side	Calf Raises 15 reps 3 sets	Leg circles 30 seconds Each side	Wall Sits 30 seconds