



## **DAY 11: Leg Day**

### Warm up:

- 100 Jumping-jax or 200 Jump rope

### Stretches:

- Legs

### Workout of the Day:

(Repeat for 3 rounds)

- 21-15-9: Complete each exercise for 21 reps, then take a 15 second rest
  - Complete each exercise for 15 reps, then take a second rest
  - Complete each exercise for 9 reps, then take 90 second rest
- Pulse Squats (come up half way)
  - Sprawls (without standing up)
  - Jumping lunges (or static lunges)

### CORE:

#### 3 Rounds:

- 60 Second side planks (left and right)
- 60 Second elbow plank'

### END

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