

# 10-MINUTE THIGH & TRI WORKOUT

Perform each move for 30 seconds, with no rest inbetween moves. Repeat the sequence twice.

## LYING SIDE LEG RAISE - RIGHT



## LYING SIDE LEG RAISE - LEFT



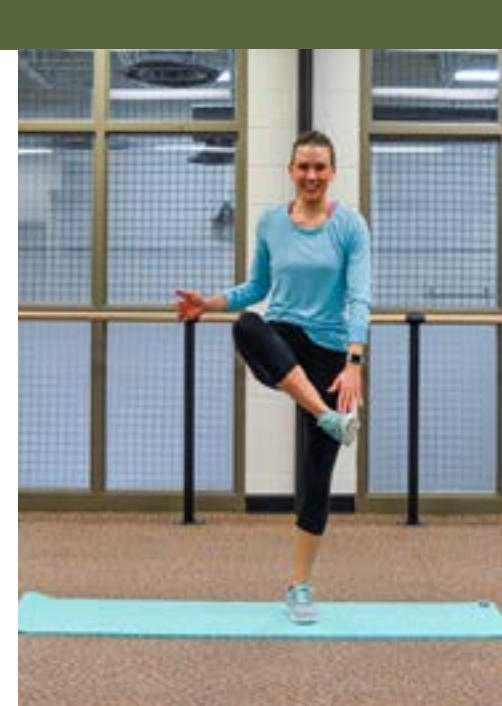
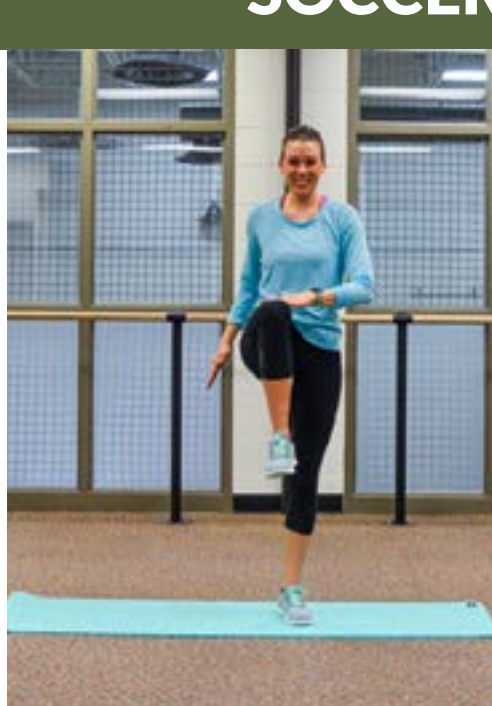
## SUMO SQUAT HOPS



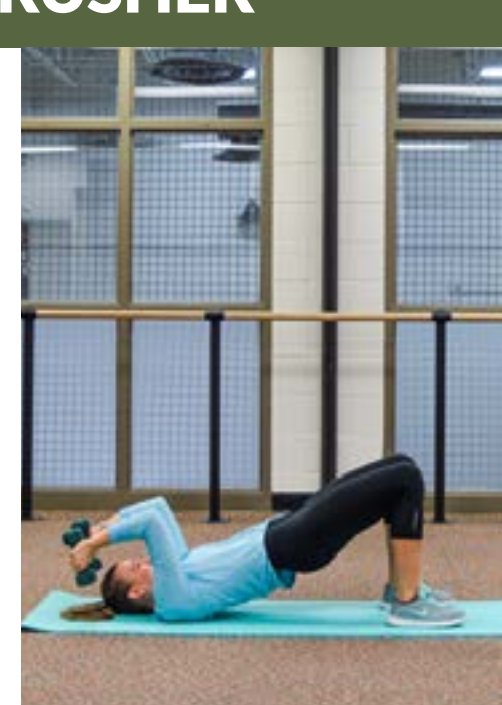
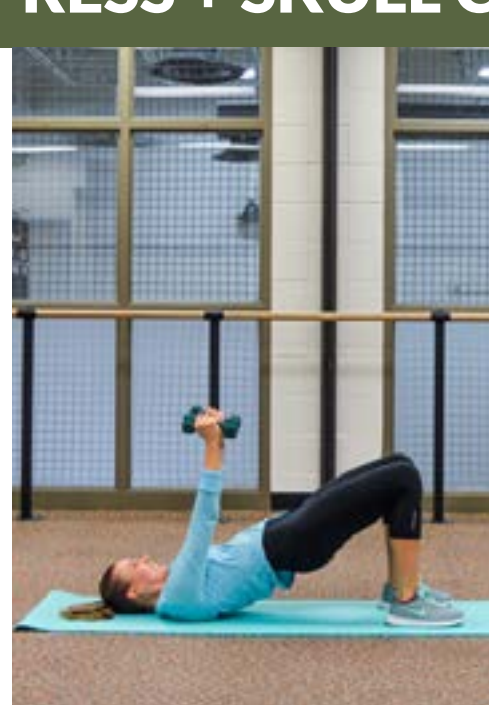
## REVERSE LUNGE HOLD + TRICEP EXTENSION



## SOCCER JUGGLE



## GLUTE BRIDGE + DBELL PRESS + SKULL CRUSHER



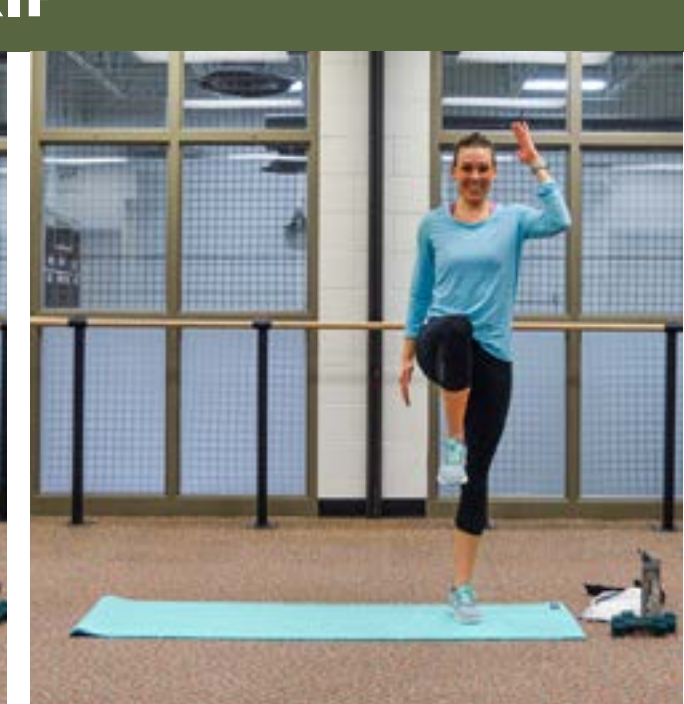
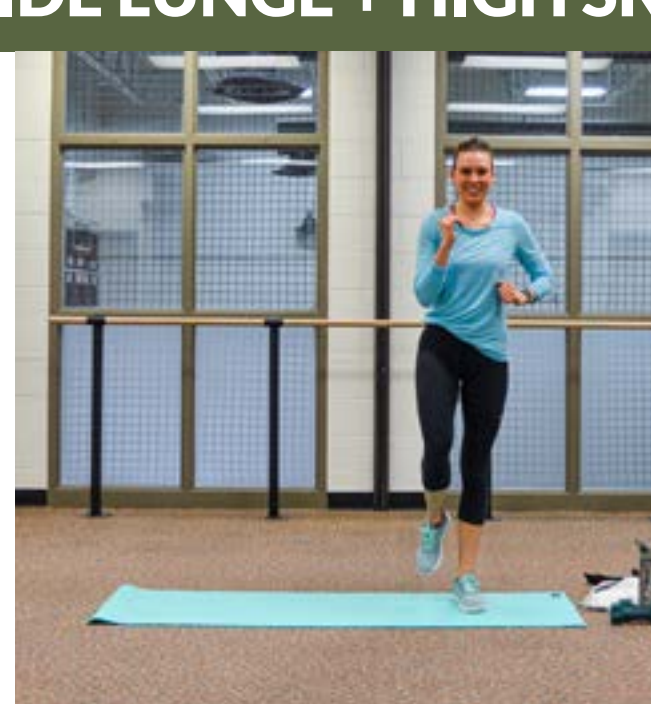
## BURPEE + TRICEP PUSHUP



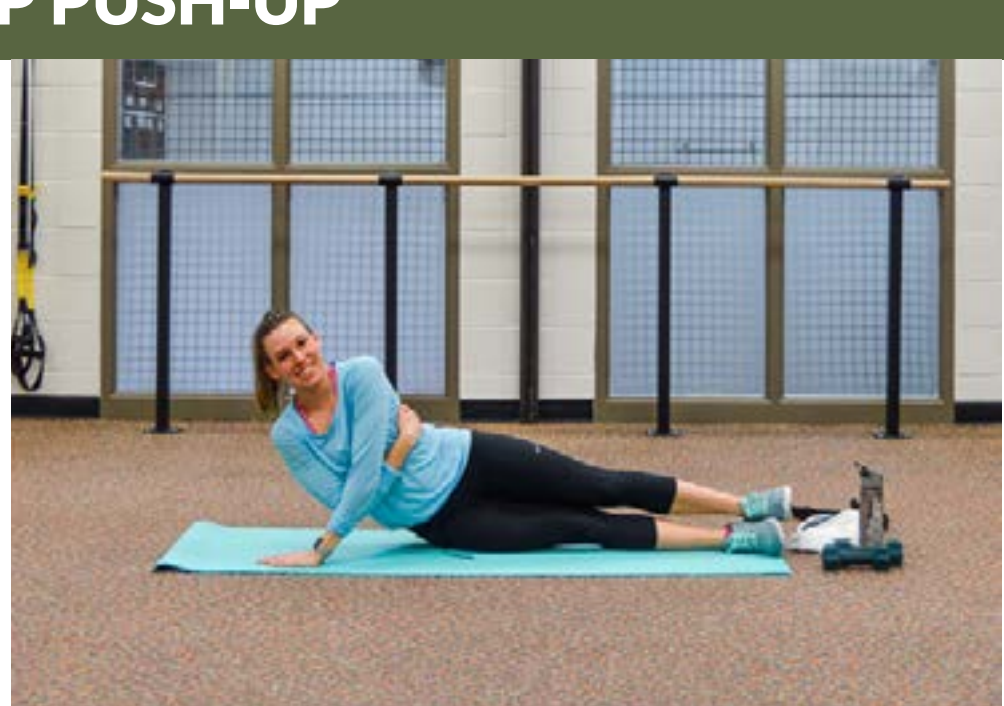
## TRICEP KICKBACKS + ALTERNATING RUNNER LEGS



## SIDE LUNGE + HIGH SKIP



## SIDE TRICEP PUSH-UP



# 10-MINTUE THIGH & TRI WORKOUT

Perform each move for 30 seconds, with no rest inbetween moves. Repeat the sequence twice.

**1. Lying Side Leg Raise – Right (with bands):** lay on your side, hip squared to wall, foot flexed. Lift and lower your leg for 30 seconds. If you have ankle bands, use them. If not, you can place a dumbbell on your hip and hold it there while you lift and lower your leg.

**2. Lying Side Leg Raise – Left (with bands):** same thing but on your left leg

**3. Sumo Squat Hops:** with toes pointed out, lower body into squat, with core tight, hips tucked and chest lifted. Perform little hops, staying low in the squat position the whole time.

**4. Reverse Lunge Hold + Tricep Extensions:** step right foot back and lunge down, bringing right knee down so it's hovering over the floor and left thigh parallel to ground. Lift dumbbell overhead and perform tricep extensions continuously for 30 seconds. Repeat with the left leg the second time through.

**5. Soccer Juggle:** think high knees, but you're going to add 2 ankle touches. Knee, Knee, Ankle, Ankle.

**6. Glute Bridge Dbell Press + Skull Crusher:** Bring body into hip bridge position – hips pressed toward ceiling, glutes squeezed and core tight. Brrng dumbbells down toward bottom of ribs, press up and then keeping elbows still perform a skull crusher – bringing hands to forehead and back up. (you're holding the hip bridge the entire time, while you repeat the press + skull crusher)

**7. Burpee + Tricep Pushup:** perform one burpee and at the bottom perform a tricep pushup on your knees or toes, keeping elbows in close to your body (elbows go straight back, not out like a regular pushup)

**8. Tricep Kickbacks + Alternating Runner Legs:** hinge at hips and perform a tricep kickback with both arms, while stepping your right leg back and back in. And then do another tricep kicback, stepping your left foot back with the kick and then bring your foot back in when you release the arms. (Tricep Kickback: bring elbows high and keep them close to the body. Think pinky's about pushing pinky's toward ceiling, squeezing the back of the arm to lift)

**9. Side Lunge + High Skip:** perform a side lunge, pressing out of the foot and bringing the body back to upright position perform a high skip. Repeat with the right leg the first time through and then perform on the left the second time through

**10. Side Tricep Push-up:** lying on side, place hand down by chest with fingers pointed toward face, press upper body off ground and then slowly lower body back to ground