

# ALL ABOUT THE LEGS

*This combination of movements builds lower body strength, leg muscles, and hip stability.*

*You'll need a water bottle or small weight.*

*Set a timer for 3-5 minutes. Do 10 repetitions of each movement and then start at the beginning until the time ends.*

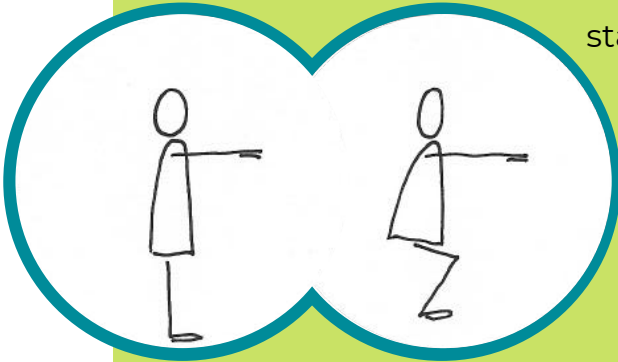


## 10 Squats

stand tall, arms at shoulder height  
toes pointed ahead  
at hips width distance  
or a little wider, lower down  
as if sitting in a chair  
or as low as you can go,  
stand back up

### WHAT'S HAPPENING?

- builds core stability
- increases quad strength
- increases core strength
- supports good posture + balance

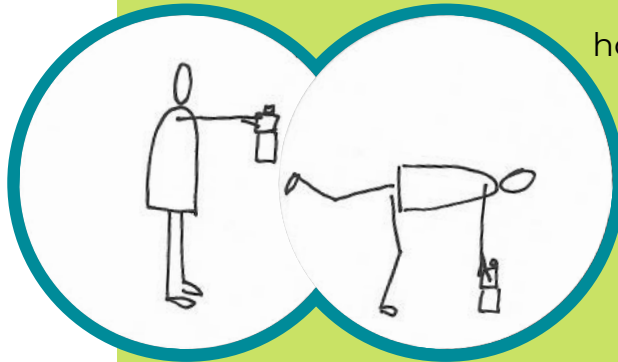


## 10 Pivots

hold a water bottle in right hand  
balance on right leg  
pivot at hip to lower right  
hand with the water bottle  
to touch the floor,  
left legs raises behind,  
stand back up, 5 each side

### WHAT'S HAPPENING?

- builds core + hip stability
- increases glutes strength
- increases hamstring flexibility
- supports good posture and balance



## 10 Hip Circles

hands on your hips,  
circle hips to the left  
5 times,  
repeat,  
circling to the right  
5 times

### WHAT'S HAPPENING?

- increases flexibility + range of motion in hips flexors and hip joints
- relieves lower back tightness + builds core muscle strength
- increases knee flexibility

