

## **Banded Leg Routine**

### **A SERIES - 5 Sets**

Banded Squats - 15 reps, every 5 reps pause 5 seconds in the bottom

Rest 60 seconds

Lying Leg Raise with butt lift (reverse crunches) - 15 reps

Rest 60 seconds

Banded seated hamstring curls

Rest 2 minutes

### **B SERIES - 5 Sets**

Band resisted Bulgarian Split Squats - 15 reps, every 5th rep pause in the bottom for 5 seconds

Rest 60 seconds

Sandbag squat jumps (or any weighted object you can secure on your traps) - 10 jumps

\*elevated heel or wear shoes to help ensure adequate depth in the squat

Rest 60 seconds

Banded elbows to knees crunch - 20 reps, on the last rep hold the crunch for 10 seconds

Rest 2 minutes