

# LEG STRETCHERS



## FORWARD LUNGE

8-10 REPS EACH SIDE



## STANDING KNEE HUG

6-8 REPS EACH SIDE



## STRAIGHT LEG KICK

8-10 REPS EACH SIDE



## STANDING QUADPULL

8-10 REPS EACH SIDE



## BODYWEIGHT SQUAT

6-8 REPS EACH SIDE



## SIDE LUNGE

8-10 REPS EACH SIDE

## 10-12 MINUTES TOTAL

Perfect before working in the winter.

Preferred work trousers are Redefined Stretch Trousers.

## WARM-UP. AS ONE.