

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.