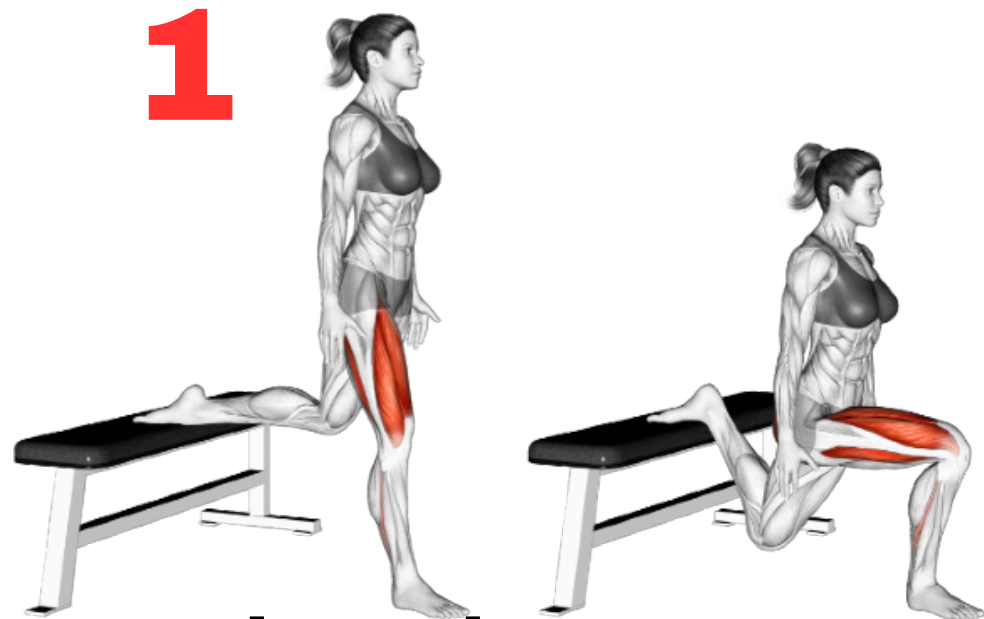


CALISTHENICS LEG WORKOUT PLAN

1

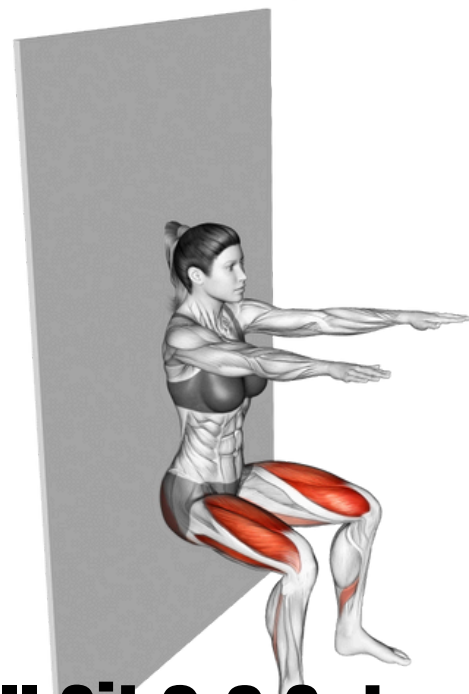


Bulgarian Split Squats 3 Sets

8-10 per leg

Quads, Glutes, Core

2



Wall Sit 2-3 Sets

45-60 sec

Quads, Glutes

3



Step-Back Lunges

3 Sets 8-10 per leg

Quads, Hamstrings,

Glutes

4



Skater Squats 2 Sets

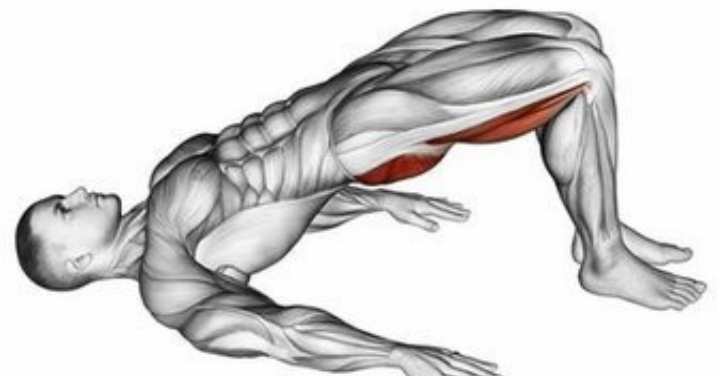
5-8 per leg

Quads, Glutes, Core

5



Glute Bridges 3 Sets 12-15



6



Calf Raises 3 Sets 15-20

Calves

