



## Legs #2

**Objective:** Your legs are gonna love you tomorrow!! This leg routine will get your legs conditioned for the workout to come in weeks 5+6!!









Explosive training is extremely hard on the body. You need to listen to your body and stop at the slightest hint of a strain or weakness, especially in the joints of the knees, shoulders, elbows, hips and back.

If any of these exercises are causing trouble for you, substitute them for exercises that do not aggravate your injuries.

**Note:** The time for each segment varies. Use the Audio File included on the website. The audio file contains all the beeps for segment duration AND has a Personal Trainer coaching you through the segment.

Exercise Video and Audio file can be found at [www.gladiatorschool.com.au](http://www.gladiatorschool.com.au)

Exercise	Description	
<b>Wide Jump Squats</b>  60 Seconds Duration	Start with your feet wide outside hip width. Initiate the move by sitting your butt back and down. Keep your chest "proud" and make sure your knees to not come forward from your toes. Blast upward into a jump and then repeat the exercise. Jump as High as you can!	<b>-30 SECOND SPRINT ROUND-</b> Fire Walkers performed in the 30 second SPRINT round. Keep your legs wide and bent at the knees down as close to 90 degrees as you can manage. Stay right up on your toes and rapidly shift from left to right feet.  <b>-10 SECOND REST ROUND-</b> Rest for 10 seconds before starting the next exercise-
<b>Lunges (R)</b>  120 Seconds Duration	Start in a good Lunge position. Lunge repeatedly for the 2 minute duration of this timer round. You can increase the load by holding on to weights or having a weight bar across your back.	<b>-30 SECOND SPRINT ROUND-</b> Fire Walkers performed in the 30 second SPRINT round. Keep your legs wide and bent at the knees down as close to 90 degrees as you can manage. Stay right up on your toes and rapidly shift from left to right feet.  <b>-10 SECOND REST ROUND-</b> Rest for 10 seconds before starting the next exercise-
<b>Side to Side Single Leg Jump Squats</b>  60 Seconds Duration	Jump from side to side, placing your weight onto one leg, bending into a squat position. Raise the other leg to knee height as you squat down. To increase difficulty, jump further and squat deeper.	<b>-30 SECOND SPRINT ROUND-</b> Fire Walkers performed in the 30 second SPRINT round. Keep your legs wide and bent at the knees down as close to 90 degrees as you can manage. Stay right up on your toes and rapidly shift from left to right feet.  <b>-10 SECOND REST ROUND-</b> Rest for 10 seconds before starting the next exercise-
<b>Lunges (L)</b>  120 Seconds Duration	Start in a good Lunge position. Lunge repeatedly for the 2 minute duration of this timer round. You can increase the load by holding on to weights or having a weight bar across your back.	<b>-30 SECOND SPRINT ROUND-</b> Fire Walkers performed in the 30 second SPRINT round. Keep your legs wide and bent at the knees down as close to 90 degrees as you can manage. Stay right up on your toes and rapidly shift from left to right feet.  <b>-10 SECOND REST ROUND-</b> Rest for 10 seconds before starting the next exercise-
<b>180° Jump Lunge</b>  60 Seconds Duration	<b>Alternate legs as you jump.</b> Start in good Lunge position. Jump explosively from one lunge position to the next, spinning 180 degrees as you jump. alternate for the full duration.	<b>-30 SECOND SPRINT ROUND-</b> Fire Walkers performed in the 30 second SPRINT round. Keep your legs wide and bent at the knees down as close to 90 degrees as you can manage. Stay right up on your toes and rapidly shift from left to right feet.  <b>-10 SECOND REST ROUND-</b> Rest for 10 seconds before starting the next exercise-
<b>Jumping Butt Blaster</b>  120 Seconds Duration	Laying on your back, place one foot to the floor while the other remains outstretched and in-line with the body. Jump up and down using the glutes and pushing as high as you can. Perform 10 reps then alternate legs.	<b>-30 SECOND SPRINT ROUND-</b> Fire Walkers performed in the 30 second SPRINT round. Keep your legs wide and bent at the knees down as close to 90 degrees as you can manage. Stay right up on your toes and rapidly shift from left to right feet.  <b>-10 SECOND REST ROUND-</b> Rest for 10 seconds before starting the next exercise-

**Repeat x 3 (total 43 minutes non-stop)**