

Marine Miguel's 13 Minute Leg Work Out

- Squat to Calf Raises (feet together)
- Squat Jump to Reverse Lunge (alternate)
- Knee Raise to Side Lunge (left leg)
- Knee Raise to Side Lunge (right leg)
- Single Leg Burpee to Step Up (left leg)
- Single Leg Burpee to Step Up (right leg)
- Boot Strappers (forearms on bench)
- Single Leg Reaches/Deadlifts (left leg)
- Single Leg Reaches/Deadlifts (right leg)
- Jump Rope (or side straddle hops)

Perform each exercise for 1 minute with a 20 second rest period between exercises.

Repeat 2 – 3 times for maximum results.

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