

# LEG STRENGTH CIRCUIT

## SINGLE LEG SPRING

*(5-10 reps on each leg)*

- Drive the opposite knee.
- Land on the same foot.
- Reach down with the opposite arm to touch the ground.
- Continue jumping from the same foot.

## LATERAL LUNGE SHUFFLE

*(10-20 reps each side)*

- Step forward with one foot.
- Extend the other foot laterally to the opposite side.
- Lunging to the side, touch the ground beneath.
- Return to neutral.

## SQUAT JUMPS

*(10-20 reps)*

- Stand shoulder feet apart.
- Arms straight forward.
- Squat and spring upward on flat feet.
- Land on flat feet.
- Squat and launch again.

## SINGLE LEG HOPS

*(10-20 reps on each leg)*

- One knee raised to hip level.
- Arms in running position.
- Spring upward and forward.
- Propel off toes.
- Land on the balls of the same foot.

## DOUBLE LEG HOPS

*(10-20 reps)*

- Feet close together.
- Arms relaxed.
- Spring upward and forward.
- Propel off toes.
- Land on balls of feet.

## LUNGE JUMPS

*(5-10 reps each direction)*

- Begin in a neutral position
- Feet close together
- Jump to a lunge position.
- Knees at 90 degrees.
- Arms in a running position.

Video example: [youtu.be/fwzUTPSSAfc](https://youtu.be/fwzUTPSSAfc)

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