

CLASS NAME | **Legs and butt**

CLASS GOAL | **Tone up the legs and glute**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	<i>Squat</i>	<i>Squat with shoulder press</i>
7-9	CARDIO	
9-11	<i>Deadlift</i>	<i>Deadlift on one leg</i>
11-13	CARDIO	
13-15	<i>Alt. lateral lunge</i>	<i>Lateral lunge with front raise</i>
15-17	CARDIO	
17-19	<i>Bridge</i>	<i>Bridge with one leg lift</i>
19-21	CARDIO	
21-23	<i>Alt. reverse lunge</i>	<i>Alt. reverse lunge with bicep curl</i>
23-25	CARDIO	
25-27	<i>Squat jumps</i>	<i>Squat jumps with light weights</i>
27-29	CARDIO	
29-31	<i>Plie squat with toe raise</i>	<i>Plie squat with toe raise with weights</i>
31-33	CARDIO	
33-35	<i>Speed skaters</i>	<i>Speed skaters with a toe touch</i>
35-37	CARDIO	
37-39	<i>Sumo squat</i>	<i>Sumo squat with triceps overhead</i>
39-41	CARDIO	
41-43	<i>Alt. scissor lunge</i>	<i>Alt. scissor lunge with pulse</i>
43-45	COOL DOWN	