[](http://www.fitnish.com)High Intensity Body Weight Leg Workout

Focus: GLutes And Hamstrings

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Warm up:

* 5 minutes skipping/running to warm up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | (Weight) | Time | Rest period |
| Jump squats | 1  2  3  4 | 12  12  10  10 |  |  |  |
| [Jump lunges](https://www.youtube.com/watch?v=_zLTDUFjbXA&feature=kp) | 1  2  3  4 | 10  8  8  6 |  |  |  |
| [Walking lunges with kickback](http://fitnish.com/wp-admin/%5byoutube_sc%20url=%22https:/www.youtube.com/watch?v=dh83jAB-9g8%22%5d) | 1  2  3  4 | 15  12  10  8 |  |  |  |
| Sprints | 1  2  3 |  | Distance: |  |  |
| **TRISET:** | | | | | |
| [Bridge](http://www.bodybuilding.com/exercises/detail/view/name/butt-lift-bridge) with 2 second hold and squeeze at the top | 1  2  3  1  2  3  1  2  3 | 10  10  10  10  10  10  10  10  10 |  |  |  |
| [Reverse Lying Leg Raise](http://bootcamp.freestyler.net/reverse-back-extension-on-a-bench-leg-lift.html) |  |  |  |
| [Donkey Kickbacks](http://health.howstuffworks.com/wellness/diet-fitness/exercise/glutes-exercises.htm) |  |  |  |

Cool Down:

* 20 minutes stretching and meditation