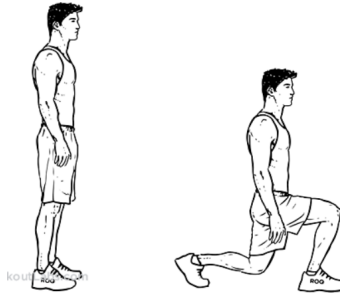


# Brian's Ten-Minute Workout Series

## LEGS

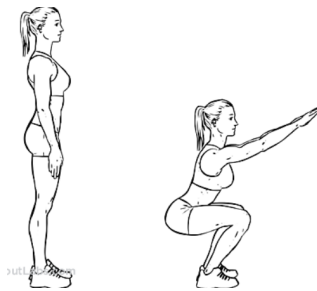
**Equipment Needed: Nothing but your legs!**

**Exercise: Lunges**



With your right foot out in front of you and your left foot back behind you (as pictured above), do 15 lunges. On the 15<sup>th</sup> lunge, hold your back knee down as low as you can without it touching the floor. Do 15 mini-lunges at the bottom. Then come back to starting position and do 10 full lunges followed by 10 minis. Then do 5 full lunges followed by 5 minis. Try to do all of these with as little break as possible between the rounds. Rest for 20-30 seconds and then repeat with your left foot forward.

**Exercise: Squats**



Do 25 full squats (as pictured above). On the 25<sup>th</sup> squat, stay in the down position and do 25 mini-squats at the bottom. Come back up to starting position and do 20 full squats followed by 20 minis at the bottom. Then do 15 full then 15 minis. Then do 10 full then 10 minis, finishing with 5 full squats followed by 5 mini squats.