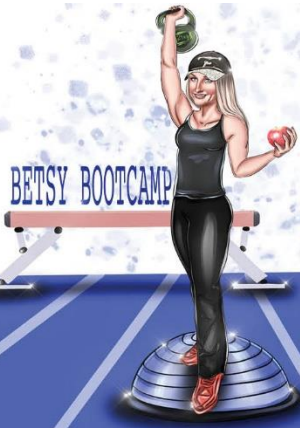


# Quick Leg Tightening Workout



It's time for the competitive season! This is a quick detailed workout for all ability levels who need to straighten their legs in their skills. Do it consistently and you will see straighter legs and cleaner lines. Focus on squeezing quads, glutes and hamstrings during each move!

Time: 15 minutes

### Items Needed:

Small Bands

Beams

Small foam blocks

Ankle weights (optional)

Name	Reps/Minute
Leg Tightening Punches	20
Leg Tightening Circuit for Endurance	
A) Tap Overs	20 of each
B) Rainbow Overs (feet flutter)	20 of each
C) Double Leg Lift Offs	20 of each
D) Double Leg Pike Overs	20 of each
Leg/Beam Tightening Super Circuit	
A) Front Support Abduction	50 of each
B) Seated Abduction	50 of each
C) Lunges back kicks	15 pointed, 15 flexed
D) Lunged HS kicks	15 pointed, 15 flexed
E) Squatted Abduction on Releve	20
Leg tightening Beam Backside	20
Leg tightening beam front and backside	20
Leg tightening beam sideways	20