

LEG WORKOUT

1.	Slide Round Kick	-	20	reps	+
2.	Rear Round Kick	-	20	reps	+
3.	Lunge Round Kick	-	20	reps	+
4.	Rear Round Kick	-	20	reps	+
5.	Switch Step Round	-	20	reps	+
6.	Slide Double Round	-	20	reps	+
7.	Step Back Round	-	20	reps	+
8.	Rear Leg Heel	-	20	reps	+
9.	Slide Heel	-	20	reps	+
10.	Heel/Round Kick	-	20	reps	+
11.	Spin Heel Kick	-	20	reps	+
12.	Slide Front	-	20	reps	+
13.	Rear Front	-	20	reps	+
14.	Switch Front	-	20	reps	+
15.	Step Back Front	-	20	reps	+
16.	Rear Side Kick	-	20	reps	+
17.	Slide Side	-	20	reps	+
18.	Lunge Side	-	20	reps	+
19.	Step Back Side	-	20	reps	+
20.	Slide Double Side	-	20	reps	+
21.	Slide Side/Round	-	20	reps	+
22.	Switch Step Side	-	20	reps	+
23.	Spin Back Kick	-	20	reps	+
24.	Slide Ax Kick	-	20	reps	+
25.	Rear Ax Kick	-	20	reps	+

minimum total=500 reps +

LEG BURNOUTS

1.	Round Kicks	-	30	reps	+
2.	Side Kicks	-	20	reps	+
3.	Double Round	-	15	reps	+
4.	Heel/Round	-	15	reps	+
5.	Front Kick	-	20	reps	+
6.	Round Kicks	-	30	reps	+
7.	Side Kicks	-	15	reps	+

minimum total=145 reps +