

# Seated Leg Exercises



**Instructions:** Do these 4 exercises for 30 seconds each, followed by 30 seconds of active rest (gray box). Repeat this up to 4 rounds.

**How often:** \_\_\_\_\_

**Changes:** \_\_\_\_\_

## Exercises 1 to 4:

### 1. Left Kick Outs



### 2. Seated Marches



### 3. Right Kick Outs



### 4. Alternating Side Steps



### Active Rest:

#### Heel Raises



#### Toe Raises

