

15 Minute Leg Toner Workout

Instructions: I recommend to warm up before this workout doing high knees and butt kicks for a few minutes in order to raise your heart rate, prepare your muscles and joints for the exercises to follow and prevent injury (or complete Warm-up & Dynamic Stretches instead).

This routine consists of 16 exercises. And your goal is to finish 2 rounds of those exercises, following the prescribed number of repetitions, in 15 minutes without any break. You can either do all exercises for 20 reps on one leg in the first round, and then work the other leg in the second round. Or you can just split the repetitions for each side and do 10 for right leg and 10 for left in each round. You can also add dumbbells for lunges and squats to make it more challenging.

Or you can split the whole round into two 7-minute circuits (one per page) with 8 exercises in each (so you can take a short break in between if you need it). If you want to make your workout longer just repeat the rounds a few more times.

If you want to do it as an interval training then perform each exercise for 20 seconds with 5 seconds break in between (you can take longer break if you are a beginner, but try to push yourself to make it intensive workout).

Exercises in this workout:

- 180 / Twisting Jump Squats
- Bodyweight Side Steps / Lateral Lunges
- Groiners
- Crab Toe Touches
- Plank Knee to Elbow
- Explosive Jumping Alternating Lunges
- Lunge / Front Kicks
- Lunge Twists
- Jump Squats
- Jumping Calf Press / Raises
- Pistol / Single-Leg Extended Arm Squats
- Power Skips
- Side / Lateral Suffles/ Hops / Skaters
- Toe Taps
- Sumo / Plié Dumbbell Squats
- Frog Jumps

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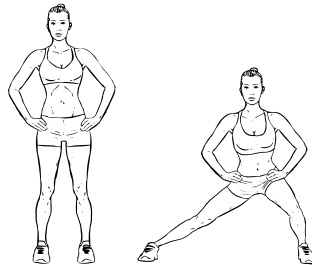
Abs, Legs

180 / Twisting Jump Squats



20 reps

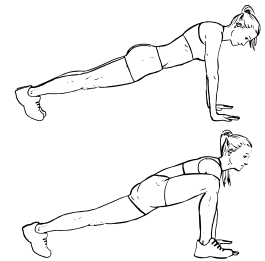
Bodyweight Side Steps / Lateral Lunges



20 reps

10 each side

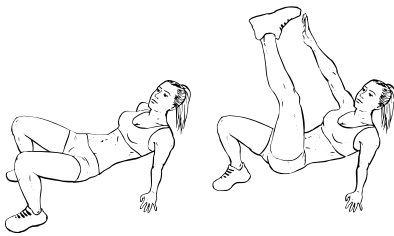
Groiners



20 reps

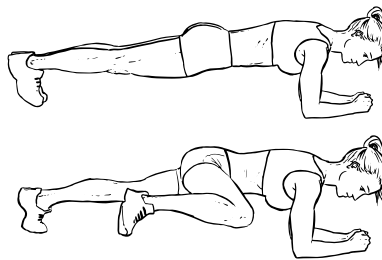
10 each side

Crab Toe Touches



20 reps

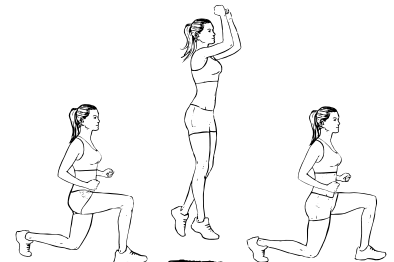
Plank Knee to Elbow



20 reps

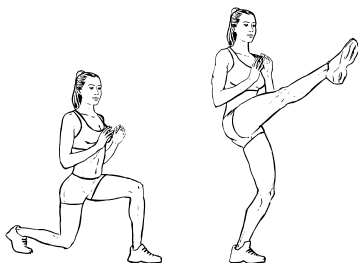
10 each side

Explosive Jumping Alternating Lunges



20 reps

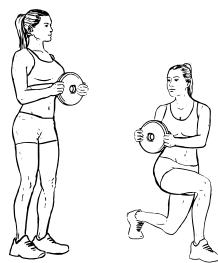
Lunge / Front Kicks



20 reps

10 each side

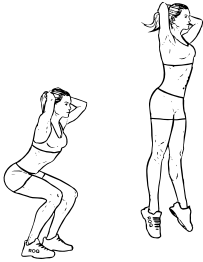
Lunge Twists



20 reps

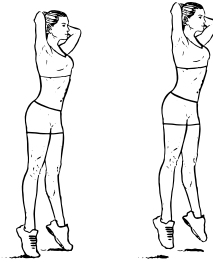
10 each side

Jump Squats



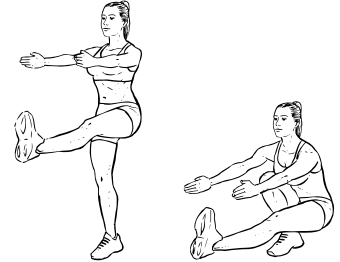
20 reps

Jumping Calf Press / Raises



20 reps

Pistol / Single-Leg Extended Arm Squats



16 reps

8 each side

Power Skips



20 reps

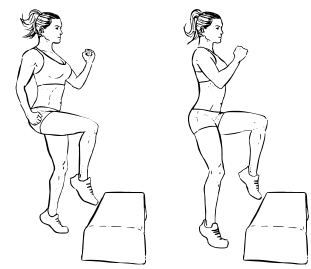
10 each side

Side / Lateral Suffles / Hops / Skaters



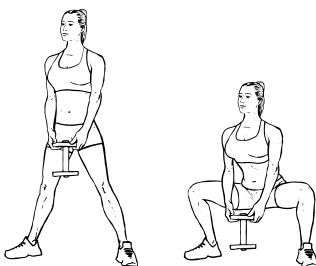
20 reps

Toe Taps



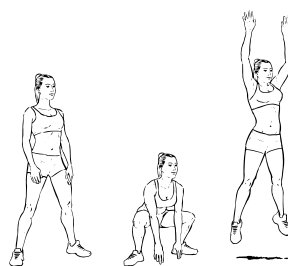
20 reps

Sumo / Plié Dumbbell Squats



20 reps

Frog Jumps



20 reps