

All About Legs – Mindy Mylrea
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Stability Ball

Standing

1. Ball reach over head and squat with ball diagonal down
2. Lateral squats with ball bounce
3. One leg on
 - a. Hack, side lunge, lunge back, back knee in and out, toe tap
4. Squat with ball throws
5. Seated inner thigh squeeze – singles, twist, double time, 123 and release
6. Stand rolling ball out in with alternating lunges back, one side lunge only

Bridge and seated

1. Bridge on ball – hip lift, and both legs to one leg
2. Bridge on floor – arm changes and both legs on to one leg on
3. Hams – both legs to one leg
4. Ball between legs – lift into straight legs and twist

Side lying

1. Ball between legs - lift
2. Ball supports torso - leg lift

Seated

1. Calf and shin
2. Stretch

Medicine ball

Standing

1. Narrow squat – ball cradled at hips
2. Foot roll and calf raise
3. Slow lateral side to side squat – double time
4. Add power jacks
5. Repeat 1-4
6. Lunge side to lunge - ball rolling on floor
 - a. One leg hack squat and leg extend
 - b. Dead lift
 - c. Dead lift with ball roll
 - d. Repeat other leg
7. Lunge front, center, back, center
 - a. Add knee up in center
 - b. Add figure 8 arms
 - c. Jump with center jump
 - d. Jump with no center jump
8. Slow and fast kick butt lunges
9. Kicks with ball triceps overhead
10. Twister ball between knees

Supine Bridge

1. Both legs on ball
2. One leg on ball

Side lying adduction

Gliding

Standing

1. Side lunge slow 4, fast 8
2. Back lunge slow 4, fast 8
3. Side and back lunge combo
4. Hack squat slow and fast
5. Warrior slow and fast
6. Circle front and back
7. Add 1-6 together

Supine

1. Bridge and ham progression
2. Abductor

Side Lying

1. Leg swing

