

# 8 MINUTE

*Do-Anywhere*

## *Daisy Dukes Leg Workout*

-20 bouncing squats

-rest 15 sec.

-20 bouncing squats

-rest 15 sec.

-20 bouncing squats

-rest 15 sec.

-20 bouncing lunges (l)

-20 bouncing lunges (r)

-rest 15 sec.

-20 bouncing lunges (l)

-20 bouncing lunges (r)

-rest 15 sec.

-20 bouncing lunges (l)

-20 bouncing lunges (r)

-rest 15 sec.

-10 squat jumps

-rest 15 sec.

-30 skater hops

-rest 15 sec.

-30 skater hops

FIT. FABULOUS. *Beautiful*