brain.body.food.

helping you stay fit for life.

Beginner Fitness

LEG DAY

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Body Weight Squats								
Body Weight Squats								
Body Weight Squats								
Pop Squat								
Pop Squat								
Pop Squats								
Sumo Squats								
Sumo Squats								
Sumo Squats								
Glute Kickback Left / Right								
Glute Kickback Left / Right								
Glute Kickback Left / Right								
Glute Bridges								
Glute Bridges								
Glute Bridges								
Step-Up To Chair								
Step-Up To Chair								
Step-Up To Chair								
Body Weight Calf Raises - neutral								
Body Weight Calf Raises - neutral								
Body Weight Calf Raises - neutral								
Body Weight Calf Raises - toes out								
Body Weight Calf Raises - toes out								
Body Weight Calf Raises - toes out								
Body Weight Calf Raises- toes in								
Body Weight Calf Raises- toes in								
Body Weight Calf Raises- toes in								