LEGS + BACK

Legs and Back is designed to develop stronger leg muscle and stamina. Try to do at least 10-15 reps of each leg in the exercise.

All pull-ups can be adapted by using the resistance bands. You may be able to check them out at your residence hall’s front desk.

EQUIPMENT
- Water
- Push-up Bars (Optional)
- Mat
- Resistance Bands

1. Lunges
2. Calf Raises
3. Chin Ups [10-12 reps]
4. Super Skaters
5. Wall Squats [Hold for 60 seconds]
6. Pull-Ups [10-12 reps]
7. Step-Back Lunges
8. Side Lunges
9. Close Grip Pull-ups [10-12 reps]
10. Single Leg Squats
11. Three Angle Lunge
12. Chin Ups [10-12 reps]
13. Pull-Ups [10-12 reps]
14. Toes-In Calf Raises
15. Repeat Routine*

*As a Bonus Round

Go to www.life.arizona.edu/get-movin to see video tutorials