

## **Leg/Butt Countdown**

**100 Bridges**

10 Squats

**90 Butt kicks (alternating each leg)**

10 Squats

**80 Skaters**

10 Squats

**70 Toe taps (lie on back on floor)**

10 Squats

**60 Combination: Squats and leg out to side (each leg)**

10 Squats

**50 Donkey kicks (on knees – each leg)**

10 Squats

**40 Lunges (alternating)**

10 Squats

**30 Plie squat**

10 Squats

**20 Single Leg front raises (each leg)**

10 Squats

**10 Single leg kick back (each leg)**

10 Squats