Royally Fit: Incredible Leg, Back and Cardio Workout

Incredible Leg, Back & Cardio Workout
Wow this one kicked my butt! I hope it kicks yours too LOL. All we focus on is your two major muscle groups, legs and back, which means we burn a shit load of calories! Today you're going to feel really worked, but it's going to take less than 30 minutes of your time. Let's do this!

What you will need:

- Dumbbells or kettlebells for your back rows

Warm-Up:

- 3 minutes jump rope

Workout: Today, you will be doing each of the exercises in different reps. One increases in reps, and the other one drops!

- **Tuck Jumps** – Start with 30 tuck jumps and then after each set, drop 5 counts, until you reach 5 reps total. For example, 30 reps, 25 reps, 20 reps, 15 reps, etc.
  Make sure you land soft and quietly!!
  Modification: Instead of jumping you can alternate lifting your knees towards your chest and then sinking down really low.

- **Bent Over Back Rows** - Start with 20 bent over back rows and then after each set, increase 5 counts, until you reach 45 reps for both sides!!

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Get sweaxy!
ashley dale grant