

LIVELY LEGS | BASIC hit 2 (standing) • Mini Workout



DURATION	2-3 minutes
MUSCLE FOCUS	glutes (buttocks), thighs, hamstrings, quads, calves, core
BENEFIT	general strength, stair climbing, walking up inclines
DIFFICULTY	beginner
EQUIPMENT	watch / stopwatch / clock to monitor seconds

This routine targets the large muscle groups in your legs. It will enable you to move with greater ease on stairs and uneven terrain outdoors.

Workout Instructions

- Perform the first exercise for 30 seconds, then immediately perform the second exercise for 30 seconds
- No rests between the exercises!
- Repeat the pair of exercises
- (For extra credit, perform each exercise for 45 seconds)

Heel Raise

🕒 30-45 seconds

1. Stand with your feet hip-width apart and arms by your sides.
2. Keeping your knees straight, lift both heels and rise on to your toes. Return to the starting position, controlling the movement as you lower both heel to the ground



Half Air-Squat

🕒 30-45 seconds

1. Stand upright with your feet hip-width apart and your arms outstretched in front of you or hands on hips.
2. Start by pushing your hips back and bending your knees lowering your thighs to ~45 degrees, keeping your chest upright.
3. Keep your knees in line with your feet and knees behind your toes and return to the starting position.



This workout is designed to improve personal fitness and wellbeing. If you chose to participate in this workout, you understand that you are doing so voluntarily, you certify you can perform the physical exercise, you understand the risks involved, and you fully acknowledge the Terms of Service outlined on our website at <https://simplimove.health/terms-of-service/>