

# ULTIMATE LEGS

Legs are the biggest muscle group in the body so it's important to train them. Try these exercises to get the lower body strong. MWR Trainer Tip: Do 3 sets of 10 each leg, repeat 3-5x.



**PISTOL SQUAT**

**SQUAT**



**LUNGE**



**DONKEY KICK**



**SIDE LUNGE**



**GOOD MORNINGS**



**CALVE RAISE**



**GLUTE BRIDGE**



**DEAD LIFTS**