

# C2BFF Legs 1

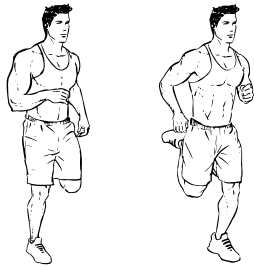
27 min · Back, Legs



Steve N.

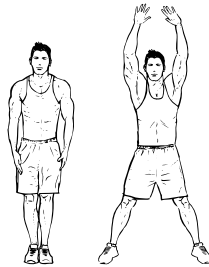
Always get a Doctors permission before performing an exercise program, Should you find that you cannot perform a move, simply email me [steve@nunno.com](mailto:steve@nunno.com) and I will give you an alternative movement!

## Butt Kicks



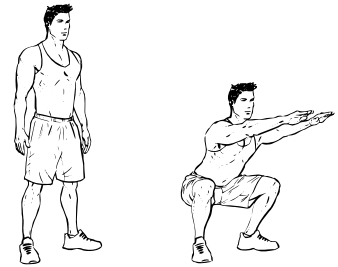
1 sets 60 secs

## Jumping Jacks



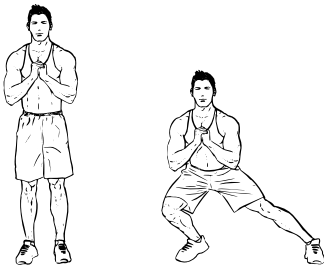
1 sets 60 secs

## Air Squats



1 sets 45 secs

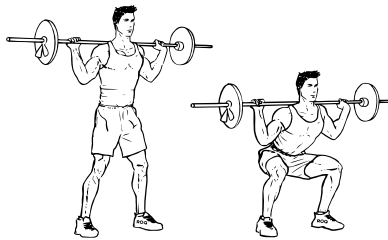
## Lateral Lunges



1 sets 10 reps

perform 10 to each side and alternate legs as you perform the move

## Barbell Squats



4 sets 20 reps 2 min rest

MAKE SURE YOU ARE DOING 4 WORKING SETS, IF YOU NEED TO WARM UP WITH SOME PRACTICE SETS FEEL FREE

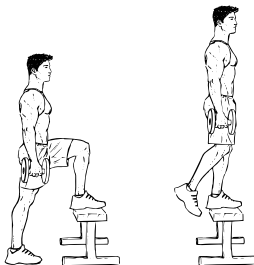
## Seated Machine Leg Extensions



3 sets 20 reps 60 sec rest

move slow, 3 seconds up and 3 seconds down

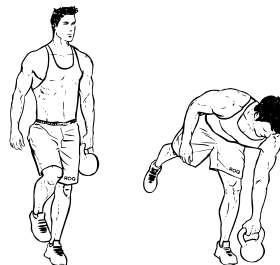
## Dumbbell Step-Ups



3 sets 10 reps 30 sec rest

Use a dumbbell weight that you can manage comfortable, DO NOT GO TOO HEAVY!

## Kettlebell One-Legged Deadlifts



3 sets 10 reps 30 lbs

if you don't want to use a kettlebell use a dumbbell instead!

