

Happy Legss

Workout to train Legs

Generated on stgym.club

Warmup

1x

Warm up leg raise

10x

Jumping jack

120x

Oiling up

1x

Forward lunge single sides

14x

Single-leg lunge

14x

3/4 squats

10x

Squat

10x

Leg 🔥

1x

Goblet squat

10x