



LMTT Luke Morbey Training & Therapy

Body Weight Legs

Session component	Exercise name	Weight & Type	Reps/Intervals/Duration	Sets
Warm up Drills	Running on the spot or distance			
Resistance weights	Pulsing squats	Body	<p>Novice: 10 reps / 3 sets</p> <p>Inter: 15 reps / 4 sets</p> <p>Advance: 20 reps / 5 sets</p> <p>Take 60 seconds rest between sets.</p> <p>To make harder: Add a run after each round</p>	
	Reverse Lunges	Body		
	Dolphin kicks	Body		
	Glute kick backs	Body		
	Crap squats	Body		
	Calf jumps	Body		
	Single leg straight deadlifts	Body		
Cardio	Burpee tuck jump	Body	15	2
Core/Abs	Grave yard's	Body	<p>Novice: 20 seconds each</p> <p>Inter: 30 seconds each</p> <p>Adv: 40 seconds each</p>	3 Sets
	Break dance	Body		
	Pelvic lifts	Body		
	Windscreen wipers	Body		
Cool down Stretches				