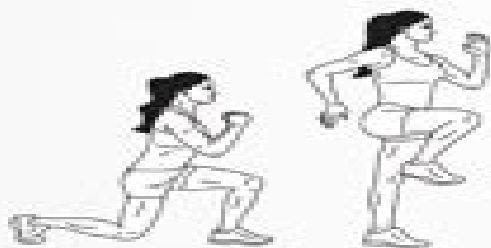


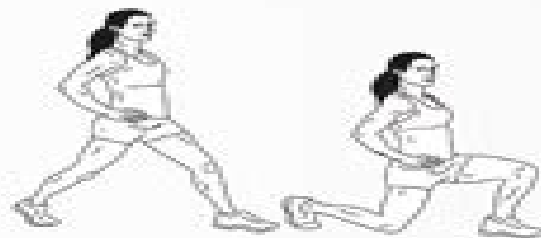
# SUPER LEGS

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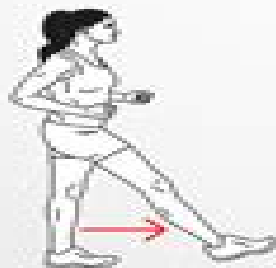
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



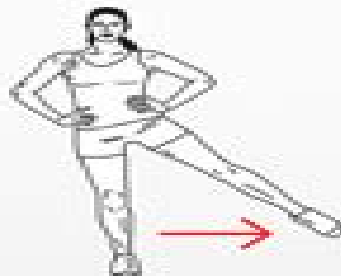
**24** lunge step-ups



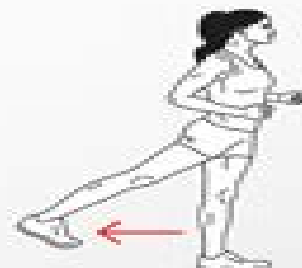
**24** split lunges



**24** front leg raises



**24** side leg raises



**24** back leg raises

# Six Week Workout Super Legs

**Tracey Mallett**

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