

# CHI WORKOUT

## HOME WORKOUTS – Leg Workout (Steps) with Lisa

### 25 reps each of exercise:

Step-ups (*both R & L lead*)

Repeater Knee (*R & L*)

Jump Squats

Cross-Overs

Straddle Step (*both R & L lead*)

Squats

Heel/Toe Lifts “rocks”

1-legged Kick/back pulse (*R & L*)

### Finisher:

Walking Lunges



*DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.*