

December 2017

Mrs. LaPeer's At Home Family Exercise Plan (Legs)

*Do each exercise
3 times in the
order presented
on each day as a
family or
individually.
(3 sets)*

*If needed take a
break after each
set for one
minute.*

*Lunges are done
with both legs.
(10 for the right
leg and 10 for the
left leg)*

SUN	MON	TUE	WED	THU	FRI	SAT
					1 20 Sumo Squats 15 Side Leg Raises	2
3	4	5 20 Sumo Squats 15 Side Leg Raises	6	7 15 Squats 20 Lunges	8	9
10	11 15 Squats 20 Lunges	12	13 20 Sumo Squats 15 Side Leg Raises	14	15 15 Squats 20 Lunges	16
17	18	19 15 Squats 20 Lunges	20	21 20 Sumo Squats 15 Side Leg Raises	22	23
24 / 31	25 20 Sumo Squats 15 Side Leg Raises	26	27 15 Squats 20 Lunges	28	29 20 Sumo Squats 15 Side Leg Raises	30