**LEG Workout of the Day (WOD)**

These LEG WOD cards can be used many ways. See below for some ideas:

* Place each card along a sideline and invite students to spread out and line up behind a card like in a relay. Be sure to create enough cards so there are no more than 4 students in each line. On the signal to go, students move according the card down to the other sideline. Once at the sideline, they jog back and shift one card to the right. Once at the end of the cards or activity space, students move left to the other side in front of a new card.
* Place cards on the wall around the perimeter of the activity space such as in a circuit. Students spread out and start at a card. Play music and have students move to the music. When the music stops (approx. 45 seconds), students move clockwise to the next card. Instead of placing cards on the wall, place them on pylons and situate them around, but away from the center of the activity space so they are facing inwards to do the activities.

|  |
| --- |
| Walking Lunges |

|  |
| --- |
| Caioca |

|  |
| --- |
| High Knees |

|  |
| --- |
| Glute Kicks |

|  |
| --- |
| Side Shuffle |

|  |
| --- |
| Power Skips |

|  |
| --- |
| Frankensteins |