

## Abbreviated Gambetta Leg Circuit

- 20 body weight squats
  - 20 split leg lunges 10 on each side (skip the transitional hop for now)
  - 10 body weight squats finishing each with a double leg jump
  - Rest 30 seconds between each activity group.
- Goal is to develop a cadence of one exercise per second
- At this time of year do two sets. 3 minutes rest between each set

## Body Weight Squat



## Split Leg Lunge



Body Weight Squat Finishing with a Jump

