



## Alisa Wyatt / 20 Min Fix: Legs & Glutes

Jump Rope  
Squat to lift  
tendon stretch standing  
The Hundred  
Rolling Like a Ball  
Single Leg Stretch  
Double Leg Stretch  
Spine Stretch Forward  
Shoulder Bridge  
Double Leg Kicks  
Side Kicks:  
Big Scissors  
Bicycle Up  
Hot Potato  
Teaser 1  
Teaser 2  
Leg Pull Front  
Kneeling Side Kicks  
Seal  
Standing Leg Split Exercises  
Wall Exercises  
Standing Exercises