

# High Rep Leg Day



## Kettlebell squats

40 reps @light weight  
30 reps w/a little more weight  
20 reps w/a little more weight  
10 reps w/a little more weight



## Kettlebell pass through lunge

Same as above



## Wall squats

No weight and do 5-6 minutes or add weight and beast it out for a minute!