

## Upper Leg Workout To Help Tone Your Thighs

Exercise	Round 1	Round 2
Burpees	45 Seconds	45 Seconds
Mountain Climbers	45 Seconds	45 Seconds
Running on the Spot	45 Seconds	45 Seconds
Squats	12x4	10x4
Lunges	12x5	10x5
Side Lunges	12x5	10x5
Glute Bridges	8x8	6x6

For help follow the links below:

<https://www.exercise.co.uk/learn/upper-leg-workout-to-help-tone-your-thighs/>