

## Squats and Deadlifts: Learning to live with leg workouts

Okay, I'll tell the truth for once. I've got so used to doing upper body workouts like bench press, curls, shoulders, etc., that I totally neglected doing leg workouts. Today I decided to do legs with another inmate. We did heavy squats and heavy deadlifts also. And my entire body is paying for it! I am sore to the core. But it's what I need because a stronger core is good for the muscles and ~~also~~ can also reduce injury to the joints in the future. The next time you're working out with someone and they try to skip legs, tell them not to do it. Real friends don't let friends skip leg workouts. 😊