



# Lower Body #1



## Warm up



PERFORM EACH WARM UP EXERCISE FOR 30 SECONDS.

REPEAT ENTIRE WARM UP 3X.



**RUN IN PLACE**  
SIMPLY RUN IN PLACE! GET THAT HEART RATE RISING AND THOSE MUSCLES WARMED UP! BE SURE TO GET A FULL RANGE OF MOTION IN THE ARMS.



### BUTT KICKERS

JUST LIKE RUNNING IN PLACE, BUT START TO REALLY KICK YOUR FOOT BACK AND UP UNTIL YOU ARE TOUCHING YOUR BUTT WITH YOUR HEEL.



WARM UP CONTINUED ON NEXT PAGE...



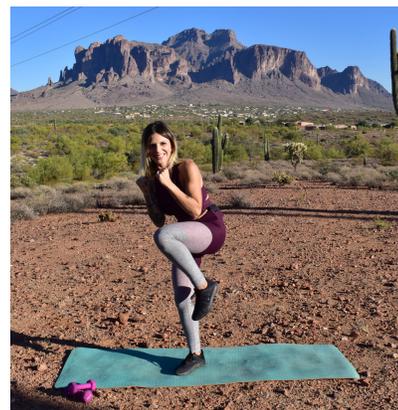
# Warm Up Continued...



## STUTTER STEPS

BEGIN BY STANDING WITH LEGS OPEN WIDE AND TOES POINTED OUTWARD. SHIFT YOUR BODY TO THE RIGHT WHILE BENDING YOUR RIGHT LEG AND STRAIGHTENING YOUR LEFT. RAISE ARMS OVERHEAD. BEGIN LIFTING YOUR LEFT KNEE UP TO YOUR CHEST WHILE SIMULTANEOUSLY BRINGING YOUR ELBOWS TO YOUR KNEES.

REPEAT ON OTHER SIDE.



## STANDING LEG RAISES

STAND WITH FEET HIP WIDTH APART. PLACE YOUR HANDS ON YOUR HIPS. SHIFT YOUR WEIGHT ONTO YOUR RIGHT LEG. KEEPING YOUR LEFT LEG STRAIGHT, SLOWLY RAISE IT OUT AND UP TO THE SIDE. REPEAT ON OTHER SIDE.



## FRONT TO BACK LEG SWINGS

STAND WITH FEET HIP WIDTH APART. PLACE YOUR HANDS ON YOUR HIPS. SHIFT YOUR WEIGHT ONTO YOUR RIGHT LEG. RAISE YOUR LEFT LEG UP IN FRONT OF YOU THEN SWING IT BEHIND YOU. BE SURE TO SQUEEZE THAT GLUTE AT THE TOP.

REPEAT ON OTHER SIDE.



## SIDE TO SIDE LUNGE

STAND WITH FEET OUT WIDE WITH YOUR TOES POINTED AT 45 DEGREES. SLOWLY BEND YOUR RIGHT KNEE UNTIL YOUR UPPER THIGH IS PARALLEL TO THE GROUND. PUSH INTO YOUR FOOT AND STRAIGHTEN THE KNEE GOING RIGHT DOWN INTO THE OTHER SIDE.



# Lower Body #1



COMPLETE THIS ROUTINE 2-3X.  
PERFORM EACH MOVE FOR 45 SECONDS.



## CURTSY LUNGE w/ SQUAT

START STANDING FEET SHOULDER WIDTH APART. SWING YOUR LEFT LEG BACK AND AROUND YOU SO THAT IT IS DIAGONAL TO YOUR RIGHT LEG. BEND BOTH KNEES UNTIL THEY'VE REACHED A 90 DEGREE ANGLE. RETURN TO STARTING POSITION. BEND DOWN INTO A SQUAT. THEN REPEAT ON OTHER LEG. PERFORM A SQUAT IN BETWEEN EACH LUNGE.



## CALF RAISE PILE SQUAT

START STANDING FEET SHOULDER WIDTH APART. SWING YOUR LEFT LEG BACK AND AROUND YOU SO THAT IT IS DIAGONAL TO YOUR RIGHT LEG. BEND BOTH KNEES UNTIL THEY'VE REACHED A 90 DEGREE ANGLE. RETURN TO STARTING POSITION. BEND DOWN INTO A SQUAT. THEN REPEAT ON OTHER LEG. PERFORM A SQUAT IN BETWEEN EACH LUNGE.





### STATIONARY LUNGES

STAND TALL WITH YOUR FEET HIP DISTANCE APART. TAKE A LARGE STEP BACKWARD WITH ONE FOOT. LOWER THE BACK KNEE UNTIL BOTH LEGS ARE AT A 90 DEGREE ANGLE. RETURN TO START AND REPEAT ON OTHER SIDE.



### WEIGHTED DONKEY KICKS

GET DOWN ONTO YOUR HANDS AND KNEES. PLACE YOUR DUMBBELL BEHIND YOUR RIGHT KNEE AND SQUEEZE IT CLOSED WITH YOUR FOOT FLEXED. KEEPING YOUR BACK STRAIGHT AND YOUR CORE ENGAGED, SLOWLY RAISE YOUR LEG UP UNTIL YOUR UPPER THIGH IS PARALLEL TO THE FLOOR. FINISH ON THIS LEG BEFORE MOVING TO THE OTHER SIDE.



### HAMMY CURLS

LIE ON YOUR STOMACH WITH YOUR ARMS FOLDED IN FRONT OF YOU. SLOWLY RAISE YOUR LEGS UP, LIFTING FROM YOUR GLUTES AND NOT YOUR BACK. WHILE LEGS ARE STILL LIFTED, BEND THE KNEES, THEN STRAIGHTEN THEM AND LOWER BACK DOWN. REPEAT.





### **SINGLE LEG BRIDGES**

LIE ON YOUR BACK WITH YOUR LEGS BENT IN FRONT OF YOU. RAISE ONE LEG UP STRAIGHT TO THE SKY. PUSH INTO YOUR OPPOSITE FOOT TO LIFT YOUR BACK OFF THE GROUND WHILE SQUEEZING YOUR GLUTES AND FORMING A 90 DEGREE ANGLE WITH YOUR LEG. SLOWLY LOWER BACK DOWN AND REPEAT.

## *Cool Down*



### **QUAD STRETCH**

STAND WITH FEET HIP WIDTH APART. SHIFT YOUR WEIGHT INTO ONE LEG. BEND THE OPPOSITE LEG AND CATCH YOUR ANKLE WITH THE SAME SIDE HAND. BREATHE INTO THE STRETCH.



### **CALF STRETCH**

STAND WITH FEET HIP WIDTH APART. STEP ONE FOOT IN FRONT OF YOU AND LIFT YOUR TOES OFF THE GROUND. WITH A SLIGHT BEND IN THE OPPOSITE KNEE, SLOWLY BEND AT THE WAIST UNTIL YOUR CHEST RESTS ON YOUR THIGH. PULL YOUR TOES BACK WITH YOUR HAND.





### **HIP STRETCH**

STAND WITH LEGS OPEN WIDE AND FEET POINTED AT 45 DEGREES. BEND YOUR LEGS UNTIL THEY REACH 90 DEGREES. PLACE YOUR HAND ON THE INSIDE OF THE SAME LEG, BEING SURE NOT TO PLACE IT RIGHT ON THE JOINT. STRAIGHTEN THE ARM AND LEAN TO THE OPPOSITE SIDE TO PRESS INTO THE STRETCH.



### **4 SERIES STRETCH**

1. LYE ON YOUR BACK WITH LEGS STRAIGHT. RAISE ONE LEG TO THE SKY AND GRAB ONTO IT WHEREVER FEELS COMFORTABLE. PULL INTO YOUR CHEST
2. BEND THE KNEE AND HUG YOUR LEG INTO YOUR CHEST.
3. TWIST YOUR KNEE OVER THE OPPOSITE SIDE OF YOUR BODY. PLACE YOUR HAND ABOVE YOUR KNEE FOR AN ADDED STRETCH. LOOK OVER YOUR OPPOSITE SHOULDER
4. LYE IN REVERSE TABLE TOP POSITION. PLACE YOUR ANKLE OVER YOUR OPPOSITE KNEE IN A FIGURE 4 POSITION. REACH YOUR HANDS THROUGH AND WRAP THEM AROUND YOUR THIGH AND PULL INWARD.



REPEAT ON OTHER SIDE.

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