





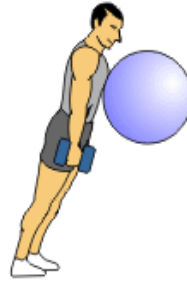
# Lower Body Workout

Exercise		Sets	Reps	Weight
<p><b><u>Front Squat with 2 Kettlebells</u></b></p> <p>1) Grasp kettlebells and hold them at chest level in front of you.</p> <p>2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.</p> <p>3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.</p> <p>4) Once thighs are parallel to floor, return to start position.</p>		1	10-12	
<p><b><u>Overhead Squat</u></b></p> <p>Grasp kettleball and hold it over your head.</p> <p>Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.</p> <p>Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.</p> <p>Once thighs are parallel to floor, return to start position.</p> <p>Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.</p>		1	10-12	
<p><b><u>Cable Leg Curls</u></b></p> <p>1. Start by standing in front of the machine with one cable strap around 1 leg.</p> <p>2. Maintaining your balance curl that leg up and back until your foot almost touches your butt.</p> <p>3. Return to the starting position and repeat for the prescribed repetitions.</p> <p>4. Repeat with the other leg.</p>		1	10-12	
<p><b><u>Slide board hamstring curls</u></b></p> <p>1. Start by putting something on your shoes or place a towel on the slide board.</p> <p>2. Place your heels on the slide board and lie on your back.</p> <p>3. Proceed to press into the slide board and pull your feet towards your hips while raise your hips off the ground.</p>		1	8-10	

3. Return to the starting position and repeat for the desired repetitions.

**Calf Raises with dumbbells**

- 1) Start position: Stand with feet hip width apart or stand on the edge of a step on the balls of feet with heels hanging over edge. Toes should be pointing forward. Lean into the ball for
- 2) Contract calves by pushing off balls of feet to raise heels up in air (standing on toes)
- 3) Lower heels and repeat.
- 4) Remember to keep knees slightly bent throughout movement to prevent any knee strain.



Sets	Reps	Weight
1	8-12	
2	8-12	
3	8-12	
4	8-12	

