



Dread Leg Day No More!

Working on your lower body will help you develop and maintain strong quads, glutes, hamstrings, and calves - Some of the biggest muscles in the body. It's recommended to dedicate 1-2 days a week to strengthening your lower body.

Benefits of Training Your Lower Body:

- **You will improve your overall fitness: most sports rely on power generated by your lower body!**
- **You will run better: lower body strength can help you run longer and faster!**
- **You can boost your metabolism: Lower body training requires your body to work harder, which revs up your metabolism. This is even more effective than any cardiovascular exercising!**
- **Improve bone health: Bone joints, particularly in your legs, start to deteriorate as we get older. Regular strength training will help maintain strong bones and aid in preventing conditions such as arthritis and osteoporosis. Leg presses, calf raises and deadlifts are all great for building bone strength.**

These exercises are easy to modify with weight you have around your house! Take a look at the following steps for the exercises and you can also print out the last page to get the workout quickie! This will give you a quick checklist of all the exercises in this tidbit! Stay healthy and let me know what you think of this workout!

~ Andrea Grimes - Fitrec Personal Trainer

Don't forget to stretch after your lower body workout!!



Instructions:



Do 3 super sets of each workout. 12-15 reps (tip: if you can't do 12 reps you're lifting too heavy, if you can do more than 20 you're lifting too light).

**The weight for these exercises can be modified with anything you have around the house! Grab a water bottle, bag of flour, some old school text books, etc!
Get creative so you can stay active!**



Sumo Squat

Start with feet wider than hip distance and at a 45 degree external angle. Inhale and lower your hips down so that your thighs are parallel to the floor.

To finish you will then exhale, drive through the heels and come back up to a standing position. Squeezing your glute muscles at the top.

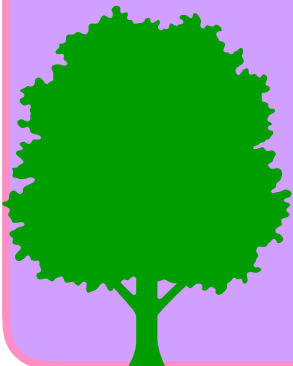
Note: if using some form of weight hold the weight similar to the picture or around the chest area.

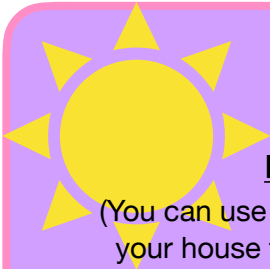
Walking Lunges

(You can use whatever equipment you can work with from home, either bring the weight overhead or to the sides like you would with dumbbells)

First stand up straight with feet shoulder width apart. If you're not using any weights you can bring your hands to your hips for stability. Step forward with your right leg, putting weight in the heel.

Bend your right knee and leg so that your thigh is parallel to the ground while softening the left knee as well behind you (lunge position). Pause for a breath. Without moving your right leg, lift/move your left leg forward to a standing position. Repeat this same movement only switching sides this time. This will have you walking/moving forward as you lunge.





Romanian Deadlifts

(You can use dumbbells, barbells, or anything in your house that can provide some resistance)

First stand with feet hip distance apart, pointing your toes forward. Make sure your torso is upright, arms are straight, and shoulders are drawing away from your ears. Put a slight bend in your knees as you push your hips back and bring the weights towards your feet.

You will need to keep your back straight, your chest lifted, and weights close to the legs as you start to lower the weight towards the ground. Inhale as you lower yourself down and exhale when you lift yourself back into the neutral standing position (starting position). While you are slowly rising up squeeze your glute muscles till you reach the top.



Bulgarian Split Squat

(Find a step, couch, or a bench that is about knee high)

First decide if you are using dumbbells or body weight (if using body weight keep hands on hips or at heart center for balance). Get into a forward lunge position with your torso upright, navel to spine, and hips square to body. Elevate your back foot onto the bench and step forward a couple of inches (make sure knee is inline with foot as you come down into your lunge)

Lower front thigh until it's almost parallel to the ground, keeping front knee in line with your toes (not allowing it to travel beyond toes). Drive back through your front heel to come back to standing. Repeat on other leg.

