

LEG EXERCISES

No other training will burn fat faster than lower body training. Since the legs are the largest muscles in the body, they'll use up a high amount of energy each and every time they contract, giving you a metabolic boost as well.

When doing your lower body training, make sure that you are always watching your knee alignment. Make sure the knees follow the toes to prevent the build up of excessive tension and strain on the knee joint.

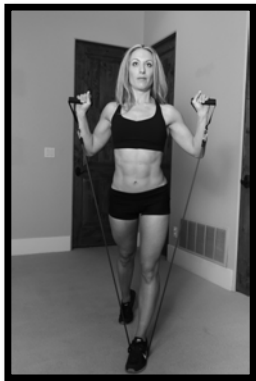
Remember to always stretch out the legs after each workout you do to avoid muscle soreness from setting in.

SQUATS



- 1.) Get into a standing position, placing the resistance band under the feet, holding it with either hand with the knees bent at 90 degrees.
- 2.) Bring the band up so the arms are just above shoulder height, elbows bent and tucked into your side.
- 3.) Slowly straighten the knees as you move into the full standing position to complete the rep.
- 4.) Bend the knees again to assume the starting position to repeat again.

LUNGE



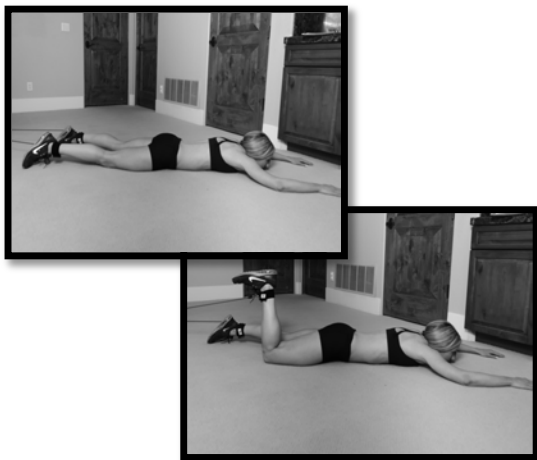
- 1.) Get into a standing position and then step one foot forward 2-3 feet so it's a comfortable distance.
- 2.) Position the resistance band underneath the front foot, holding either end in your hands, placed up at shoulder height level, elbows bent and tucked under the shoulders.
- 3.) From there, bend the front knee as you lower down into a lunge position.
- 4.) Pause at the bottom before pressing back up to complete the rep.
- 5.) Once all reps are completed, switch sides and repeat.

LEG EXTENSION



- 1.) Sit on top of a chair tall enough so that your feet are up off the floor.
- 2.) Attach the band to one ankle strap, wrap the band around the chair and attach to the other ankle strap, maintaining sufficient tension in the band.
- 3.) Slowly extend one knee as you work against the tension in the band.
- 4.) Pause at the top and then return to the starting position again.
- 5.) Continue on until all reps are completed and then switch sides and repeat.

LEG CURL (ONE LEG)



- 1.) Attach the door anchor near the bottom of the door.
- 2.) Lay face down on the floor, body extended with the feet toward the door.
- 3.) Attach the resistance bands to the ankle straps then slowly bend the knee as you curl it upward.
- 4.) Once the knee is as close to the bum as possible, pause and then lower back down to complete the rep.
- 5.) Once all reps are completed, switch sides and repeat.

LEG CURL (TWO LEGS)

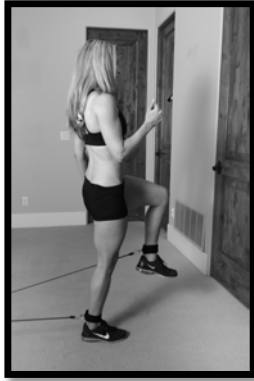
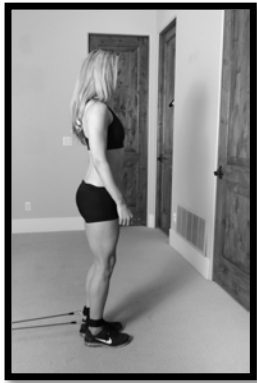


- 1.) Attach the door anchor near the bottom of the door so it's attached to the middle of the resistance band.
- 2.) Attach both ends of the bands to either ankle strap and then lay face down on the floor facing away from the door, legs extended.
- 3.) Curl the weight upwards, moving the ankles towards the bum.
- 4.) Pause when you're in the top position and then reverse the direction to come back down to the start again to complete the rep.

ONE LEG RESISTED HIGH KICK

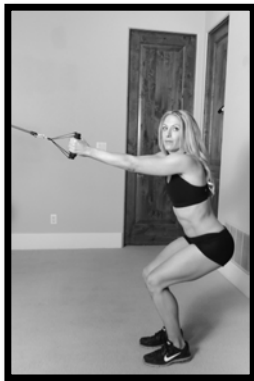
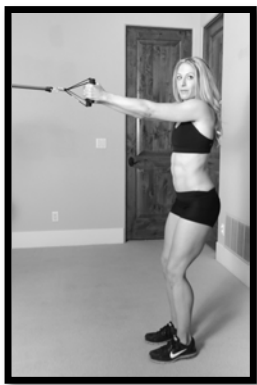


- 1.) Attach the door anchor to the bottom of the door and attach one end to an ankle strap.
- 2.) Stand 2-3 feet away from the door in an upright position facing away from the door.
- 3.) Begin to kick the leg with the band attached to the foot, forward coming up as high as you can and extending the knee as you go.
- 4.) Pause and then lower down to complete the rep.
- 5.) Once all reps are completed on one side, switch sides and repeat.



RESISTED WALK

- 1.) Attach the door anchor to the bottom of the door.
- 2.) Stand 2-3 feet away from the door, attaching the ends of the resistance bands to both ankle straps.
- 3.) Slowly lift one foot upward, bending at the knee as you fight against the resistance.
- 4.) Pause at the top and then lower.
- 5.) Repeat to the other side next time.
- 6.) Continue alternating sides until all reps are completed.



WATER SKI SQUAT

- 1.) Attach the door anchor to the top of the door.
- 2.) Stand 3-4 feet away from the door, reaching up to grab a hold of the resistance band with both hands, extending the elbows.
- 3.) Keeping the body straight, slowly bend at the knees as you lower down into the squat position, keeping the arms on the resistance band, elbows extended.
- 4.) Straighten the knees and return to the standing position to complete the rep.
- 5.) Never let your arms drop from their position.



LEG ABDUCTOR (STANDING)

- 1.) Attach the door anchor at the bottom of the door.
- 2.) Position a chair about 2-3 feet from the door and stand on the furthest side of the chair from the door.
- 3.) Attach one end of the resistance band to the ankle furthest from the door (outer ankle).
- 4.) Holding onto the chair for balance, move that ankle out as far to the side as possible, resisting the tension in the band as you go.
- 5.) Move back to the starting position to complete the rep.
- 6.) Once all reps are completed, switch sides and repeat to the opposite direction.

LEG ABDUCTOR (SEATED)



- 1.) Attach the door anchor at the bottom of the door.
- 2.) Sit flat down on the ground, back upright with the outside leg crossed over the inner leg.
- 3.) Attach the resistance band to the outside leg ankle strap. Keeping the back straight (putting the arms on the ground for balance), extend the leg out sideways as far as you can go.
- 4.) Pause in this position and then return to the start to complete the rep.
- 5.) Once all reps are completed, switch sides and repeat.

LEG ADDUCTOR (STANDING)



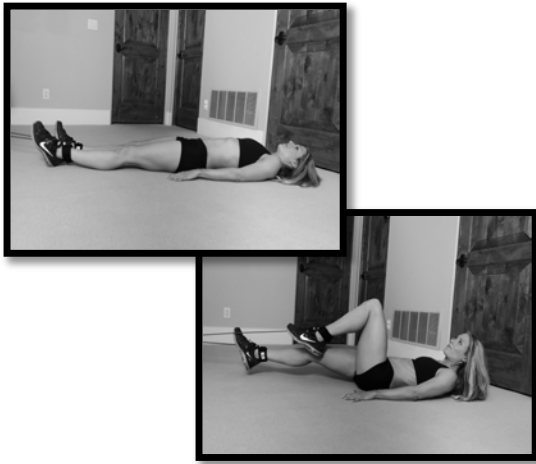
- 1.) Attach the door anchor to the bottom of the door, placing a chair about 1-2 feet from the door.
- 2.) Stand on the side of the chair furthest away from the door, holding on for balance.
- 3.) Attach the resistance band to the ankle closest to the door and then cross it over the body, past the other foot as far as you can go.
- 4.) Pause at your maximum position and then return to the start to complete the rep.
- 5.) Once all reps are completed, switch sides and repeat.

CALF RAISE (STANDING)



- 1.) Attach the door anchor to the bottom of the door. Stand 3-4 feet from the door, facing away.
- 2.) Lean forward slightly and hold the resistance band, one end in each hand, at shoulder height, elbows tucked in.
- 3.) Slowly rise up onto the toes, elevating the body.
- 4.) Pause and then lower back down to complete the rep.

HIP FLEXOR (ONE LEG)



- 1.) Attach the door anchor to the bottom of the door.
Lie with the feet towards the door, head away, back down.
- 2.) Attach the resistance band to both of your ankle straps.
Keeping the back pressed flat against the floor, slowly bring one knee up towards the chest.
- 3.) Pause when it's as far as it can go and then lower back to the start to complete the rep.
- 4.) Once that rep is completed with the first leg, switch sides and repeat.

HIP EXTENSION



- 1.) Attach the door anchor at the bottom of the door.
- 2.) Position a chair about 4-5 feet away from the door, standing on the inner side of the chair (closest to the door).
- 3.) Attach the resistance band to the inner ankle strap.
- 4.) Holding onto the chair for balance, allow that leg to move back toward the door, opening the hips slightly.
- 5.) From there, pull the leg up so it's in front of the body, pause, and then move back to the starting position again to complete the rep.
- 6.) Once all reps are completed, switch sides and repeat.

HIP FLEXOR (SEATED)



- 1.) Attach the door anchor to the bottom of the door and then place a chair 3-4 feet away.
- 2.) Sit on the chair, attaching the resistance bands to both ankles.
Lean back slightly, holding onto the chair for balance and then bring one knee up into the chest.
- 3.) Pause at the top of the position and then lower back down to complete the rep.
- 4.) Once all reps are completed, switch sides and repeat.