

# Lower Body Workout

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Need: light and heavy weights

Do three sets for 10-15 reps.

**Squat with Thigh Lift:** Sink into squat, directing tailbone towards wall behind you as you lower, keeping the knees behind the toes. Return to start and then lift leg diagonal motion, knee pointed to side.

**Walking Lunge:** Feet hip width apart, step one foot forward and bend knees to lower into a lunge position. Lean forward from your hips keeping your back straight, weights to ankles. Do not let your knee jut past your toes and return to start. Repeat on other side moving forward.

**Side-Lying Leg Raise:** Lie on side, arm overhead, head resting on upper arm, body in straight line. Bend bottom knee for better balance. Contract the abs to support your pelvis. Place weight on thigh and lift top leg to hip height without rolling forward or backward turning toes up at top of lift. Return to start and repeat for reps. Switch sides.

**Single-Leg Wall Extension:** Back pressed to wall, feet shoulder width apart. Bend knees 90 degrees. From this position, straighten one leg and point toes. Hold for 3 counts and lower leg. Repeat for reps and switch legs.

**Leg Extension:** Sit on floor back to wall, legs extended in front of you. Flex foot and raise leg as high as you can comfortably and lower without touching floor. Repeat for reps and switch legs.

**Butterfly Crunch:** Lie face up, arms at sides, palms down. Raise legs, bend knees 90 degrees and hold legs together. With feet touching, open knees, crunch up then close legs. Flutter legs open and closed as you crunch up and down.

**\*Ab Leg Lift:** Lie face up, legs extended and feet lifted a few inches off the floor. Hands beside hips or tuck under glutes. Raise both legs toward ceiling as straight as you can and lower slowly without touching floor. Keep your head and shoulders on the floor

**\*Knee Drops:** Roll your towel and place between knees while lying face up and knees up and bent 90 degrees. Squeeze towel and lower knees to one side raise and lower to the other. Repeat for reps.

**Superman:** Lie face down on mat, hands at your hips. Raise your head, neck and shoulders at the same time as you raise your legs. Hold for count of 3. Lower and repeat for reps.

\*If you have back trouble, skip these exercises and do this one:

**Plank with Twist:** Plank position on forearms, engage abs, back straight, toes tucked under. Twist your entire lower body (from torso down) to one side, keeping arms, shoulders and head still, legs and feet together (feet end up being one on top the other). Hold for 5 count, return to center and repeat on other side.