

# LOWER BODY STRENGTH EXERCISES

Perform 10-15 repetitions of each exercise and 2-3 rounds of the entire circuit. Perform single-leg exercises on both sides of your body.

SET 1
SET 2
SET 3

**CHART YOUR PROGRESS**  
Check off a box for every set of exercises you complete.

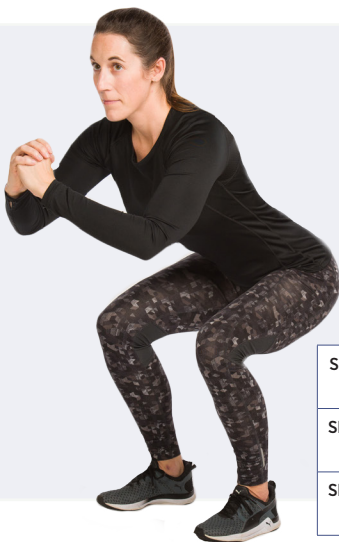
## SUPINE BRIDGE

- (1) Lie on your back with your arms palm-down at your sides, knees bent and feet flat on the floor.
- (2) Tighten your core and slowly lift your hips off the floor. Keep your back straight and arms on the floor.
- (3) Pause and lower your hips to the starting position.



## SQUAT

- (1) Stand with feet shoulder-width apart.
- (2) Bend your knees and shift your hips back and down until your thighs are parallel to the floor.
- (3) Push through your heels to return to the starting position.



SET 1
SET 2
SET 3

## STANDING HEEL RAISE

- (1) Stand with feet shoulder-width apart.
- (2) Slowly raise both heels off the ground at the same time.
- (3) Lower your heels back to the floor.

SET 1
SET 2
SET 3



## STANDING HIP ABDUCTION

- (1) Stand next to the back of a sturdy chair. Hold on to the chair with one hand for support.
- (2) Lift your opposite foot off the ground and to the side, away from the chair. Keep the knee of your moving leg straight, and don't rotate your hips or shoulders during the exercise.
- (3) Slowly lower your leg to the starting position.

RIGHT	LEFT
SET 1	SET 1
SET 2	SET 2
SET 3	SET 3



## STANDING HIP EXTENSION

- (1) Face the back of a sturdy chair. Hold on to the back of the chair for support.
- (2) Lift one leg straight back without leaning forward or rotating your hips.
- (3) Slowly lower your leg to the starting position.

RIGHT	LEFT
SET 1	SET 1
SET 2	SET 2
SET 3	SET 3