

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.

SWISS BALL HEEL BRIDGE

- (1) Lie on your back with your arms palm-down at your sides, legs straight and heels on the Swiss ball.
- (2) Tighten your core and lift your hips off the ground.
- (3) Pause and lower your hips to the ground.

SET 1
SET 2
SET 3



ADVANCED LOWER QUARTER REACH COMBINATION

- (1) Stand with feet shoulder-width apart. Imagine standing in the middle of a Y shape on the floor.
- (2) Lift one foot off the ground. Extend your raised foot along each branch of the Y. Raise both arms directly above your head while you perform the movements.
- (3) Return to the starting position.

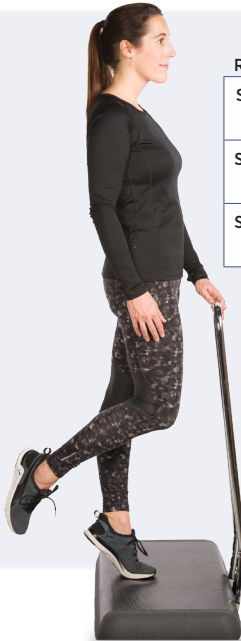
RIGHT	LEFT
SET 1	SET 1
SET 2	SET 2
SET 3	SET 3



ELEVATED SINGLE-LEG HEEL RAISE

- (1) Stand on one foot on the edge of a low step with your heel hanging off the edge. Hold on to a railing or sturdy object if you need support.
- (2) Rise up on to the ball of your foot.
- (3) Lower your heel back to the starting position.

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



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



LUNGE MATRIX

- (1) Stand with feet shoulder-width apart. Imagine standing in the center of a clock.
- (2) Take a large step forward. Bend your front knee and lower your body into a lunge position. Slowly return to the starting position.
- (3) While facing forward, lunge toward different numbers on the clock within your range of motion.



SET 1
SET 2
SET 3

SIDE STEP WITH RESISTANCE LOOP

- (1) Stand with feet shoulder-width apart and the resistance loop around both ankles. Bend slightly at the knees and hips.
- (2) Slowly step sideways, maintaining tension in the band with each step. Keep your feet pointing straight ahead.
- (3) Complete steps on one side, then switch directions.

SET 1
SET 2
SET 3



MONSTER WALKS

- (1) Stand with feet shoulder-width apart and the resistance loop around both ankles. Bend slightly at the knees and hips.
- (2) Walk forward slowly, maintaining tension in the band with each step.