# 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.

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

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

SINGLE-LEG BRIDGE

(1) Lie on your back with your arms palm-down at your sides, knees bent and feet flat on the floor.
(2) Lift one leg off the floor.
(3) Tighten your core and slowly lift your hips off the floor into a bridge position. Keep your back straight and arms flat on the floor.
(4) Pause and lower your hips to the starting position.
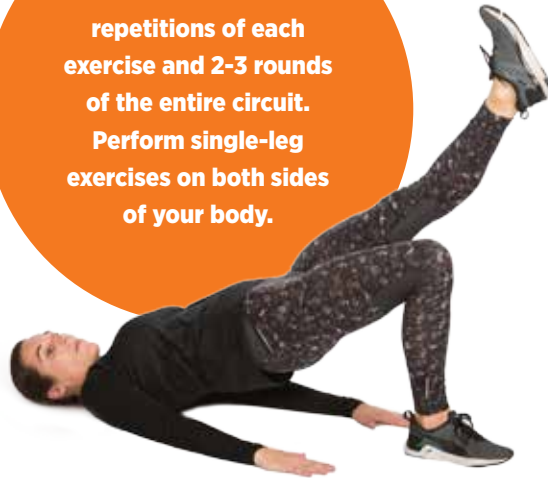
LOWER QUARTER REACH COMBINATION

(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.
(3) Return to the starting position.

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

SINGLE-LEG HEEL RAISE

(1) Stand with feet shoulder-width apart. Lift one foot off the ground and balance on the other foot. Hold on to a railing or sturdy object if you need support.
(2) Raise your heel off the ground. Keep your ankle stable.
(3) Lower your heel back to the floor.

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

QUADRUPED HIP EXTENSION

(1) Begin on all fours, with your knees and palms on the ground.
(2) Tighten your core and lift one leg straight up, pushing your heel toward the ceiling. Keep your knee bent at 90 degrees and hips level. Don't arch your back during the movement.
(3) Slowly lower your leg to the starting position.

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

QUADRUPED HIP ABDUCTION

(1) Begin on all fours, with your knees and palms on the ground.
(2) Tighten your core and raise one leg to the side, so your thigh is close to parallel with the ground. Keep your knee bent at 90 degrees. Don't rotate your torso during the movement.
(3) Slowly lower your leg to the starting position.

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

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