Legs


Time: 1 set: 18 min, 2 sets: 36 min, 3 sets: 48 min

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Smith Machine Squats
- Stand with feet hip-width apart. Rest weight bar on back of shoulders
- Posture should be slightly leaning back
- Slowly lower bar down to a seated position
- Exhale. Press up to starting position
- Stretch

Sets: 1-3 Rep: 10-15

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Lunges with Dumbbells
- Stand with feet hip-width apart
- Hold weight to the side of body
- Take a long step forward
- Lower body until both knees are 90º
- Stretch

Sets: 1-3 Rep: 10-15

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Hack Squats
- Stand with feet hip-width apart. Rest weight bar on shoulders
- Keep back pressed on pad throughout the exercise
- Slowly lower bar down to a seated position
- Exhale. Press up to starting position
- Stretch

Sets: 1-3 Rep: 10-15

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Low Back Extension with Barbell
- Tilt hips forward. Keep back straight and chest up
- Place barbell on back of shoulders
- Keep knees locked throughout the exercise
- Lean forward until back almost parallel to floor
- Exhale. Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15
Low Back Hyper Extensions
- Keep feet and hands fully extended throughout the exercise
- Exhale. Raise legs and arms as high as possible
- Slowly return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Plank (Bridge)
- Anchor elbows directly below shoulders
- Anchor toes and lift up until body is straight
- Hold
- Stretch

Sets: 1-3 Rep: 30 seconds - 3 minutes

Crunch & Reach
- Bring legs straight up. Point fingers towards toes
- Exhale. Reach up towards toes
- Hold contraction for one second
- Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Oblique Raise
- Stand with feet hip-width apart. Hold a dumbbell with one hand. Keep arm straight
- Slowly lower dumbbell down
- Exhale. Raise dumbbell as high as possible
- Stretch

Sets: 1-3 Rep: 10-15
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