LOWERBODY

Legs, Hips, Core

Time: 1 set: 16 min, 2 sets: 32 min, 3 sets: 48 min

Squats on BOSU®
- Firmly place one foot on the soft side of BOSU® ball*
- Carefully place second foot hip width apart*
- Keep a natural upright posture
- Carefully squat down until hips almost parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15

Romanian Deadlifts
- Stand erect with back straight
- Hold weight in front of hips
- Lean forward from hips while pushing buttocks back to keep back straight
- Lower weight until slightly below knees
- Stretch

Sets: 1-3 Rep: 10-15

Side Squats on BOSU®
- Place one foot on center of ball
- Keep back and arms straight
- Carefully squat down until thigh (with foot on ball) almost parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15

Prone Hip Extension on Ball
- Carefully lean forward on ball and position ball slightly lower than hips
- Keep arms slightly wider than shoulders
- Bend elbows to lower upper body and raise lower body
- Stretch

Sets: 1-3 Rep: 10-15

* May require assistance

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Swimmer on BOSU®
- Place hips on center of ball and balance body
- Keep the body fully extended and balanced
- Tighten core and bring one arm back and opposite foot back to touch
- Alternate
- Stretch

Sets: 1-3  Rep: 10-15

Ball Crunch & Reach
- Hold ball and legs overhead
- Tighten core, lower ball and legs close to the floor
- Exhale and bring ball and legs together again
- Stretch

Sets: 1-3  Rep: 10-15

V-Sit on BOSU®
- Place hips on center of ball. Lean back slightly and keep knees close to body
- Exhale and lean further back while extending legs
- Stretch

Sets: 1-3  Rep: 10-15

Side Crunch on BOSU®
- Lay sideways and place hips slightly off center of ball
- Bend knees and anchor on floor
- Lean upper body across ball (pictured)
- Exhale and tighten obliques to raise upper body
- Stretch

Sets: 1-3  Rep: 10-15
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