



LOWERBODY

Legs, Hips, Core

Equipment: Resistance
Cable, Ball.

Time: 1set: 12 min,
2sets: 24 min, 3sets: 36

BEGINNER

STRETCH



Squats (or Ball Squats)

- Stand with feet hip-width apart
- For Ball Squats only - Lean on ball, placing it at lower back level
- Keep back straight throughout the exercise
- Squat down until thighs almost parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15



Balanced Lunges

- Place one hand on a sturdy object for balance
- Take a long step forward
- Lower body until both knees are 90°
- Stretch

Sets: 1-3 Rep: 10-15



Calf Raise

- Lean forward on medicine ball and hold by chest level
- Keep body straight throughout the exercise
- Press up, hold, and return to starting position
- Stretch

Sets: 1-3 Rep: 10-15



Abductor Pull

- Place one hand on a sturdy object for balance
- Anchor resistance cable under the inner foot and loop around the outer foot
- Keep back straight while pulling the outer foot away as far as possible
- Stretch

Sets: 1-3 Rep: 10-15





STRETCH

Adductor Pull

- Anchor resistance cable with hand on a sturdy object
- Loop the other end of the cable around the inner foot
- Keep back straight while pulling the inner foot across body
- Stretch

Sets: 1-3 Rep: 10-15



Low Back Extension

- Tilt hips forward, keep back straight and chest up (place hands by head)
- Keep knees locked though out the exercise
- Lean forward until back is parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15



Basic Crunch

- Bend knees and place hands by the side of head
- Focus eyes on one spot on the ceiling
- Exhale and contract the abdominal area until shoulder blades clear the floor
- Stretch

Sets: 1-3 Rep: 10-15



Reverse Crunch

- Place hands under hips. Keep knees bent throughout the exercise
- Exhale and bring knees as close as possible to chest
- Stretch

Sets: 1-3 Rep: 10-15





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