LOWERBODY
Legs, Hips, Core

Equipment:
Resistance Cable, Ball.

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

BEGINNER

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 90º
- 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
BEGINNER

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 through 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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