LOWEBODY
Legs, Hips, Core

Equipment: Pin-Selector Weight Machines.

Time: 1 set: 15 min, 2 sets: 25 min, 3 sets: 35 min

Seated Leg Press
- Sit with feet hip-width apart
- Bring seat forward until knees are close to chest
- Exhale and press back until legs are straight
- Inhale and return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Leg Extension
- Sit back and place feet behind pad
- Knees should be align with machine axis of rotation (see red arrow)
- Exhale and extend your legs until they are straight
- Stretch

Sets: 1-3 Rep: 10-15

Leg Curl
- Sit back and place feet on top of the pad
- Knees should be align with machine axis of rotation (see red arrow)
- Exhale and curl legs down until perpendicular with the floor
- 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 throughout the exercise
- Lean forward until back is parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15

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Calf Raises
- Place shoulder below pads
- Place ball of feet on platform and sink heels down
- Exhale and press up as high as possible
- Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Basic Crunch
- Sit behind roller pad and anchor feet on foot support
- Grab roller as shown and lean body forward as far as you comfortably can
- Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15
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