

Lower Body Workouts

Warm up:

5-10 minute light cardio: jog, elliptical, rower, jump-rope, bike

Dynamic Stretching as required

- 10 repetitions or 30 seconds for each stretch
- Dynamic Stretching Options:
 - Front to back leg swing
 - Side to side leg swing
 - Full arm circles
 - Hip rotations
 - High knees
 - Butt kicks
 - Lateral shuffle

Cool down:

5-10 minute light cardio: jog, elliptical, rower, jump-rope, bike

Static Stretching as required

- 30 second hold
- Static Stretching Options:
 - Quad pull
 - Toe touch
 - Down dog to Cobras pose
 - Child's pose
 - Arm across the body
 - Overhead Tricep stretch

Workout 1:

4 Rounds

- 20 Air Squats
- 20 Alternating Lunges
- 20 Alternating Split Squat Jumps
- 10 Squat Jumps
 - To make workout harder: add a weighted vest

Workout 2:

1 Round

- 100 squats
- 100 jumping lunges
- 100 side steps
- 100 good mornings
 - To make workout easier: start with 50 reps
 - To make workout harder: add additional rounds, add a weighted vest, run a mile before or in-between set(s)

Workout 3:

3 rounds

- 10 Bulgarian split squats
- 10 Single leg or pistol squats
- 10 Curtsy lunges
- 10 Pause Squats

Workout 4:

3 rounds

- 10 reverse lunges each leg
- 10 sissy squats
- 10 jump tucks

Workout 5:

4 rounds

- 10 heels elevated squats
- 10 each leg Bulgarian splits squats
- 10 jump squats
- 10 each leg sitting down hip flexor raises