

EXERCISE PROGRAM

Name: Lower Body / Legs Program	Instructor: Crank
Program Aims: Leg strength and muscle endurance	Heart Rate Zone: Work it out
Restraints / Injuries: Knee joint, hip joint, ankle joints, shin splints	
Warm Up / Stretches: 5-10 minutes: Walking, light jog, step ups, skipping, boxing, aerobicing	

Exercises	Weight/Equipment	Reps / Time
<ul style="list-style-type: none"> • Squats • Sumo Squats (targets inner thigh) • Pop squats • Side step squats • Jump Squats 	Body Weight - Quads/Glutes Body Weight - Quads/Glutes Chair/bench - Quads/Glutes Body Weight - Quads/Glutes Body Weight - Quads/Glutes	10-20 reps x 3 to 4 sets
<ul style="list-style-type: none"> • Walking lunges • Reverse lunges • Plyometric lunges 	Body Weight - Quads/Glutes Body Weight - Quads/Glutes Body Weight - Quads/Glutes	10-20 reps x 3 to 4 sets
<ul style="list-style-type: none"> • Step ups - low (cardio), high (strength) • Single leg step ups • Lateral step shuffles • Step jumps • Toe taps 	Step - Quads/Glutes Step - Quads/Glutes Step - Quads/Glutes Step - Quads/Glutes Step - Quads/Glutes	10-20 reps x 3 to 4 sets
<ul style="list-style-type: none"> • Glute raises • Glute kick backs • Donkey kicks • Back plank • Flutter kicks 	Mat - Hamstrings/Glutes Mat - Hamstrings/Glutes Mat - Hamstrings/Glutes Mat - Hamstrings/Glutes Step - Hamstrings/Glutes	20-30 reps x 3 to 4 sets
<ul style="list-style-type: none"> • Side leg raises • Leg circles 	Mat - Side Glute Mat - Side Glute	10-20 reps x 3 to 4 sets
<ul style="list-style-type: none"> • Calf raises off ground or ledge • Seated calf raise 	Body Weight – Calves Body Weight - Calves	20-30 reps x 3 to 4 sets

Cool down / Stretches, 5-10 min

Cool down - light jog, slow step ups, dynamics (high knee, bum kick, side steps)

Stretch - quadriceps, hamstrings, glutes, calves, achilles

Other

*Beginner: Pick one exercise in each muscle group and complete 10 reps x 3 sets.

*Intermediate: Pick 2 exercises in each muscle group and complete 15 reps x 4 sets.

*Advanced: Pick 3/4 exercises in each muscle group and complete 20 reps x 4 sets.

*If you wish to increase the program difficulty, hold weights.

*You can do the program by time I.e. squats 30 sec, walking lunges 30 sec etc

*A park bench can be used as a high step and a curb as a low step

*Be sure to have a switched on strong core for balance and stability with leg exercises.

*If you are not sure of how to complete an exercise, go to <http://www.bodybuilding.com/exercises/> or look it up on YouTube.

*If you have any questions about the program, email mel@crankhf.com.au