

Advanced Lower Body Exercises

Warm up (*up to 4 mins*)

2 sets of 10 jumping jacks • Jog in place for 45 seconds
2 sets of 12 side lunges • 10-30 second plank

Each exercise can be performed in 2 sets of 10-12 reps or 3 sets Of 10-12 reps.

Jump Squats-

Stand with your feet shoulder-width apart, start with a regular squat, engage your core and jump up explosively, when landing, lower your body back into squat position to complete one rep, land as gently as possible, repeat.

Alternating Front Lunges-

Stand tall, step forward with left leg, slowly lower your body until your front knee is bent at least 90*, while your rear knee is just off the floor, keep torso upright the entire time, pause, then push off left foot off the floor and return to the starting position, for next rep, step forward with right leg, alternate back and forth—doing one rep with left, then one rep with your right.

Alternating Back Lunges-

Stand with feet together, take a controlled lunge (or large step) backward with left foot, lower hips so right thigh (front leg) is parallel to the floor, right knee is positioned directly over ankle, keep left knee bent at a 90-degree angle and pointing toward the floor, left heel should be lifted, step the left foot in, and lunge back with the right foot.

Squats with kettle bell swings-

Squat down, hold a kettlebell (or dumbbell) with both hands between your legs, back is flat, abs engaged, press feet and explode up, straightening your legs and swinging the weight in front so hands are in line with shoulders, repeat.

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Calf raises-

Stand behind chair with feet hip width apart, place hands on back of chair, slowly raise your heels, contract calf for 2 sec, lower heels back to floor, repeat.

High Knees-

Start standing with feet hip-distance apart, lift up right knee as high as it will go and raise the opposite arm, switch quickly so left knee is up before right foot lands, continue pulling knees up quickly for as long as desired.

Kick-outs-

Stand with your feet about hip-width apart and your hands up covering your guard, begin exercise by shifting your weight onto your left foot and kicking your right foot out to the side as high as possible, this completes one rep. Repeat for desired reps, then switch legs.

Mountain Climbers-

Position self in plank position, hands should be shoulder-width apart, back flat, abs engaged, head in alignment, pull right knee into chest as far as you can, then switch, pulling that knee out, bring other knee in, keeping hips down, run knees in and out, alternate.

Cool down

Walk in place for 30 seconds • 2-3 min lower body body stretching