

EXERCISE PROGRAMS



Lower Body



Lower Body

Introduction

This exercise routine is created for men and women with the goals of strengthening the lower body. Along with increasing strength of the leg muscles this workout will also improve the stability of the hip and knee, helping to reduce injuries.

Exercise intensity – moderate to high.

Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/ exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ Individuals who have injuries to their ankles or knees should not participate.
- ▶ Advise your client that a banana about 30-60 minutes is the best thing to eat before a strength training routine.
- ▶ To promote muscle growth for your client, rest between sets should be about 30 seconds long.
- ▶ Inform the client that a rest day between strength training is advised. Once they improve and adapt to the program they can have consecutive strength training days. Three strength training days in a row is not recommended unless separate muscle groups are programmed.
- ▶ Focus on your client's technique and posture throughout the routine to get the most benefits from the workout.

Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

Burpees

- Sequence of movements
- Stand, feet hip width apart
- Squat down, place hands either side of feet
- With hands on floor, jump feet back into push up position
- Jump feet back toward hands
- Jump for maximum height
- Repeat sequence

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



Lunge - Rotation - Medicine Ball

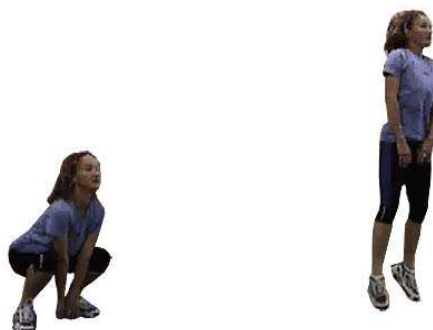
- Feet hip width apart, medicine ball held out in front of body
 - Take a large step forward, descend until leading thigh is parallel to floor
 - On descent rotate torso to the same side as the leading leg
 - Return to start position by rapidly extending leading leg & rotating torso back to neutral position
 - Variation - Substitute medicine ball for a weight plate or dumbbell
- Complete 2-4 sets of 12-15 repetitions. Rest 45s between sets.



Squat Jump - Deep Squat

- Stand with feet wider than shoulder width apart
- Adopt deep squat position
- Torso upright, feet flat on floor
- Jump for maximum height
- Land on balls of feet, drop into deep squat position
- Repeat

Complete 2-4 sets of 15 repetitions. Rest 90s between sets.



Leg Press - Double Leg

- Feet & knees hip width apart
- Control descent to 90 degree knee flexion
- Return to start position by extending knees
- Avoiding hyperextension knees
- Maintain flat feet throughout



Complete 2-4 sets of 12 repetitions. Rest 40s between sets.

Deadlift - Stiff Leg

- Grip barbell slightly wider than shoulder width
- Stand barbell on thighs
- Slightly flex knees
- Bend forward from the hips allowing barbell to slide down thighs to below the knee
- Look forward
- Maintain normal spinal curvatures throughout



Complete 2 sets of 10 repetitions. Rest 40s between sets.

Deadlift

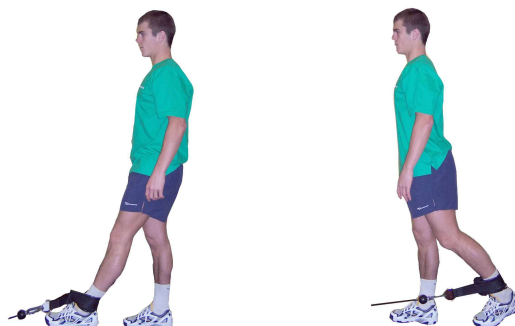
- Barbell on floor, hip width stance
- Shins contact bar, shoulders forward of bar, normal spine
- Grip shoulder width, feet flat on floor
- Stand up slowly, bar close to chins & thighs
- Maintain normal spinal curvatures throughout movement
- Reverse the action to return to the floor



Complete 2 sets of 10 repetitions. Rest 40s between sets.

Hip Extension - Standing - Cable

- Stand on one leg facing toward the low cable
- Attach cable cuff around other ankle
- Hold for support
- Pull the cable by extending the hip
- Maintain straight leg



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Hip Abduction - Standing - Cable

- Stand beside low cable
- Attach cable cuff around far ankle
- Hold for support
- Pull the cable by abducting the hip



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Hip Adduction - Standing - Cable

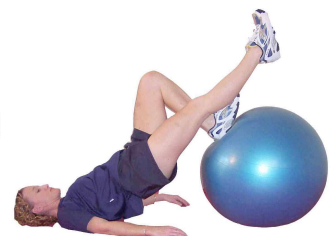
- Stand beside low cable
- Attach cable cuff around near ankle
- Hold for support
- Pull the cable by adducting the hip



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Leg Curl - Single Leg On Exercise Ball

- Lie on floor, one heel on crest of the ball
- Other heel slightly above ball
- Hips extended - shoulders, hips, knees & ankles align
- Bend knee to roll ball to buttocks
- Extend leg to return to start position
- Ensure hips remain square with shoulders
- Torso maintains a stable position throughout



Complete 2-4 sets of 8 repetitions. Rest 60s between sets.

Ankle Plantar Flexion - Knee Straight - Elastic Cord

- Sit with leg extended, ankle supported
- Hold ends of elastic cord, loop middle section around front of foot
- Pull the elastic cord tight
- Without moving the leg, slowly extend the ankle
- Pause, relax ankle & repeat



Complete 3-4 sets of 12 repetitions. Rest 30s between sets.

Ankle Plantar Flexion - Knee Bent - Elastic Cord

- Sit with knee bent, ankle supported
- Hold ends of elastic cord, loop middle section around front of foot
- Pull the elastic cord tight
- Without moving the leg, slowly extend the ankle
- Pause, relax foot & repeat



Complete 2-3 sets of 12 repetitions. Rest 30s between sets.

Calf Stretch - Toes On Wall

- Stand, place toes against wall, ankle on floor
- Lean into the wall, keep the knee straight



Hold for 20-40 seconds. Repeat 1-3 times.

Calf Stretch - Lunge to Wall

- Split stance, hands on wall
- Keep back foot flat & leg straight
- Lower chest toward wall
- Move back foot backward to increase stretch



Hold for 20-40 seconds. Repeat 1-3 times.

Hamstring Stretch - Inverted "V"

- From a standing position, place hands on floor
- Keep heels and palms flat on floor
- Attempt to flatten spine & keep legs straight
- Line of legs, torso and arms should resemble an inverted "V"



Hold for 20-40 seconds. Repeat 1-3 times.