

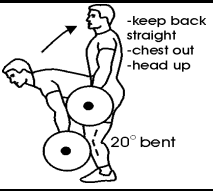
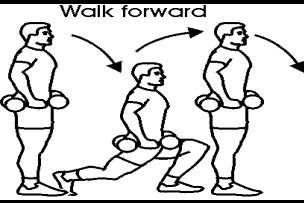


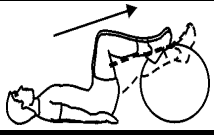
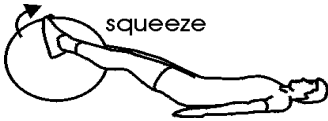
# Legs and Glutes

## Warm-up/Cardio

**5 minutes of cardio** unless already exercising  
 1 minute easing into *Target Heart Rate Zone*  
 3 minutes within *Target Heart Rate Zone*  
 1 minute slowing pace down (Recovery)

## Strength

### Day 1: Leg and Glutes

	Exercises	Sets	Reps	Description	Pictures
Superset	Dead Lifts	2	12	Stand with feet shoulder width apart, bending from hips, back straight, head up, weights at floor. Slowly raise torso from hips, lifting weight, contracting hams, quads, glutes until in upright position.	
	Lunge walk	2	12	Lunge forward, taking big step, lower down until knee almost touches floor, use front leg to bring yourself up and step forward with alternate leg, repeat. Hold dumbbells for added weight.	
	Ball Squat	2	12	Place ball at shoulder blades and lean against wall. Squat down bringing knees to 90 degrees.	
<b>60 sec rest between supersets</b>					
Superset	Calf Raises	2	12	Standing on one or two legs, heels off step or one floor, lift onto balls of feet while contracting calf muscles.	
	Hamstring Curls	2	12	Lying on back, bring heels onto ball, use hamstrings to roll ball toward glutes as you lift hips toward the ceiling.	
	Adductors	2	12	Squeeze ball between lower legs.	

## Stretch

Full body stretch - all major muscle groups



**Static stretching:**

Hold each stretch for at least 20-30 seconds.

Should feel mild discomfort, not pain.