

LOWER BODY STRENGTH

Choose One per Workout:

LEG ROUTINE 1

Sumo Squat with left heel raised **10reps**

Sumo Squat with right heel raised **10reps**

Sumo Squat **10reps**

Standing Glute Kickbacks **20reps each leg**

Standing Outer Thigh Lifts **15reps each leg**

Calf raises **10-toes out; 10-toes in; 10 toes forward**

LEG ROUTINE 2

Repeating Reverse Lunge **10reps each leg**

Squat with Outer Thigh Lift **10reps each leg**

Walking Glute Kickbacks **Approx. 20reps**

Toy Soldier Kicks (opp arm reaches to extended leg) **Approx. 10-15reps**

Walking Calf Raises **Approx. 20reps**