



WORKOUT OF THE DAY



“Lower Body Training”

What You’ll Need: Dumbbells, Personal Barbell, Bench.

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

Warm Up (2X): easy body weight squats. Easy body weight front lunges. Body weight side lunges. Hip Rolls. Leg curls. High knee. Run or walk in between each exercise. Sets of 20 to 30 seconds.

Lower body Strength conditioning Training: Complete 8 to 16 reps x 2 sets each exercise. 30 to 90 seconds rest in between sets completing 2 to 3 rounds. Medium to heavy Weight. Modify adding or removing numbers of rounds/repetitions according to your fitness level.

Exercises: 1) BB Squats



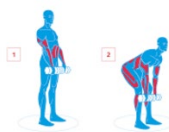
2) Jump Squats



3) Front lunges



4) Romanian DL



5) Bench jumps



6) S. leg hip thruster



Cool Down: Take a 5-minute easy walk and stretch each muscle groups, holding each stretch for 12-20 seconds or use an easy yoga sequence if you want.