

LEG WORKOUT

For each exercise pictured allow, 90 SECONDS REST BETWEEN SETS

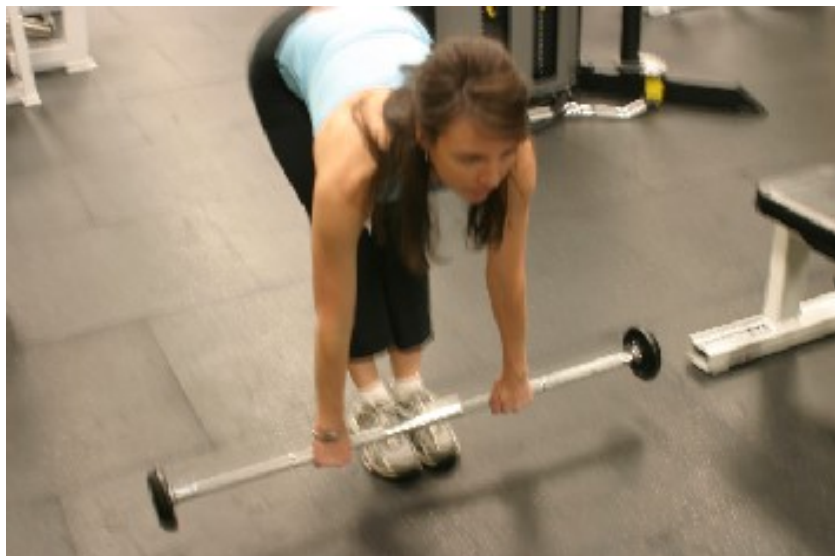
CALF RAISES - 2 SETS, 12 REPS



- 1.) ADJUST MACHINE WITH LEGS STRAIGHT
- 2.) TIGHTEN CALF MUSCLES, LIFT HEELS IN A POINTED TOE POSITION
- 3.) PAUSE IN UPPER POSITION, LOWER UNTIL FEET ARE FLEXED
- 4.) YOU CAN DO BOTH LEGS AT ONCE OR SWITCH

- 1.) STAND BEHIND A STRAIGHT BAR POSITIONED ON THE FLOOR
- 2.) FEET TOGETHER, KNEES SLIGHTLY BENT
- 3.) OVERGRASP GRIP WITH ONE HAND,

STRAIGHT LEG DEAD LIFT - 2 SETS, 12 REPS



UNDERGRASP
GRIP WITH
THE OTHER
4.) BEND AT
WAIST TO
PICK UP BAR
FROM THE
GROUND
5.) INHALE,
STAND UP
KEEP ARMS
EXTENDED
BRINGING
THE BAR
TOWARDS
YOUR KNEES

HAMSTRING CURL - 2 SETS, 12 REPS



1.) SIT ON
MACHINE,
PADS
ADJUSTED
FOR YOUR
LEG LENGTH
2.) BEND
YOUR KNEES,
BRING HEELS
TOWARDS
MACHINE
3.) THIS CAN
BE DONE
WITH BOTH
LEGS OR
ONE AT A
TIME
4.) RETURN
TO STARTING
POSITION

*LATERAL LEG RAISES WITH BALL - 2 SETS,
12 REPS*

- 1.) START:
LAY OVER
BALL
SIDWAYS
- 2.) BEND THE
LEG ON THE
GROUND,
THIS IS YOUR
SUPPORT
LEG
- 3.) KEEP
OPPOSITE
LEG
STRAIGHT
LIFT UNTIL
PARALLEL
WITH
GROUND
- 4.) SLOWLY
LOWER
UNTIL JUST
ABOVE THE
GROUND
WITHOUT
TOUCHING
- 5.) REPEAT
SWITCHING
SIDES
- 6.) ANKLE
WEIGHT MAY
BE ADDED
TO MAKE
MORE
DIFFICULT



LEG PRESS - 2 SETS, 12 REPS



- 1.) FEET 8 INCHES APART
- 2.) ADJUST FOR YOUR HEIGHT
- 3.) KNEES BENT AT 90°
- 4.) FEET FLAT ON LEG PRESS PLATE
- 5.) PUSH AND EXTEND LEGS BUT DO NOT LOCK KNEES
- 6.) EXHALE AS YOU PUSH

- 1.) GRIP A DUMBBELL IN EACH HAND
- 2.) FEET SHOULDER WIDTH APART
- 3.) STEP FORWARD AND DOWN WITH RIGHT FOOT
- 4.) STAND STRAIGHT ONCE AGAIN
- 5.) SWITCH FEET
- 6.) MAKE SURE THAT YOUR KNEES DO NOT GO OVER YOUR TOES

DUMBBELL LUNGE - 2 SETS, 12 REPS



DUMBBELL STEP LUNGES - 2 SETS, 12 REPS



- 1.) GRIP A DUMBBELL IN EACH HAND
- 2.) ONE LEG, TOE DOWN ON A STEP
- 3.) STEP FORWARD AND DOWN WITH RIGHT FOOT
- 4.) SWITCH FEET
- 5.) MAKE SURE THAT YOUR KNEES DO NOT GO OVER YOUR TOES

- 1.) GRIP A DUMBBELL IN EACH HAND
- 2.) FEET SHOULDER WIDTH APART
- 3.) STEP WITH YOUR RIGHT FOOT FORWARDS AND UPWARDS ONTO THE STAIR
- 4.) FOLLOW WITH LEFT FOOT SO THAT YOU ARE NOW STANDING ON THE STAIR
- 5.) STEP BACK INTO

DUMBBELL STEPUPS - 2 SETS, 12 REPS



YOUR
STARTING
POSITION,
SWITCH LEGS

*SWISS BALL SQUATS ON DISK - 2 SETS, 12
REPS*



- 1.) START-
STANDING
POSITION
- 2.) PLACE A
SWISS BALL
BEHIND
YOUR LOWER
BACK
AGAINST A
WALL
- 3.) MAKE
SURE THAT
WHEN YOU
SQUAT THE
BALL WILL BE
LEVEL WITH
YOUR LOWER
BACK
- 4.) PLACE
ONE DISC
UNDER EACH
FOOT
- 5.) SQUAT
DOWN UNTIL
YOUR LEGS
ARE AT 90°,
PAUSE AND
RETURN TO
START
POSITION
- 6.) MAKE
SURE THAT
YOUR KNEES
DON'T GO
OVER YOUR
TOES

SWISS BALL SQUATS - 2 SETS, 12 REPS

- 1.) START-
STANDING
POSITION
- 2.) PLACE A
SWISS BALL
BEHIND
YOUR
LOWER BACK
AGAINST A
WALL
- 3.) MAKE
SURE THAT
WHEN YOU
SQUAT THE
BALL WILL BE
AT YOUR
LOWER BACK
- 4.) SQUAT
DOWN UNTIL
YOUR LEGS
ARE AT 90°,
PAUSE AND
RETURN TO
START
POSITION
- 5.) MAKE
SURE THAT
YOUR KNEES
DON'T GO
OVER YOUR
TOES



HAMSTRING CURL - 2 SETS, 12 REPS



- 1.) LEGS STRAIGHT, LIE ON BACK, SOLES OF FEET ON BALL
- 2.) RAISE BUTTOCKS OFF GROUND SO BODY IS IN A STRAIGHT LINE, 45° ANGLE
- 3.) KEEP STOMACH TIGHT AND HANDS OUT AT SIDES
- 4.) MAINTAINING OPTIMAL POSTURE, PRESS FEET INTO BALL, LIFT HIPS AND LOWER BACK AS A UNIT UNTIL KNEES, HIPS AND SHOULDERS ARE IN A STRAIGHT LINE
- 5.) PULL HEELS INTO BUTTOCKS, KEEP HIPS LEVEL AND STOMACH TIGHT
- 6.) SLOWLY REVERSE

AND RETURN
TO START
7.) DO NOT
ALLOW HIPS
TO DROP
THROUGHOUT
MOVEMENT

- 1.) SIT ON
MACHINE,
PADS
ADJUSTED
FOR YOUR
LEG LENGTH
- 2.) EXTEND
LEGS UNTIL
HORIZONTAL
- 3.) THIS CAN
BE DONE
WITH BOTH
LEGS OR
ONE AT A
TIME
- 4.) RETURN
TO STARTING
POSITION

QUADRICEP EXTENSION - 2 SETS, 12 REPS



[Personal Training](#)