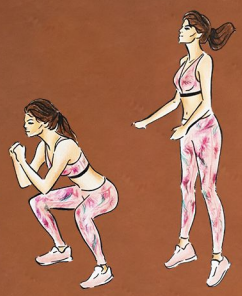
bodybykatiam

Lower Body Super Set

1. Squat Jumps

Hips shoulder width apart.
Get into the squat position.
Now, power yourself up, with your legs.
Push through your heels as you jump staight up.
Landing slow and controlled through your muscles. As soon as you land get straight into the squat position again.
Make sure you have your weight on your heels before you take off again.
From a squat to a jump and back, is 1 rep.
(x15 times)





2. Crossback Lunges

Feet directly under your hips.
Hold the dumbbell over your head, arms straight up back straight, bring one foot back, crossed and knee down. Back to the centre, now crossback with the other foot and step back in the starting position squeeze the glutes, abs always engaged, chest and shoulders are back.
(x 15 times each leg)



3. Lunge Pulses

Feet hip width apart, step forward with one foot and lower into a lunge until your knee forms a 90 degrees angle. From here slowly pulse up and down. Check the knee alignment. Bring your arms in front of your chest for balance.
Back upright, core engage keep pulsing.
(x15 times each leg)



4. Dumbbell Hip Raise

Lay on the floor, knees bend. Shoulders on the floor.
Put some weights on your stomach to add some resistance. Control the way up holding the weights safely with your hands, push the hips up through your heels. When you are up, hold it for 2-3 seconds and slowly bring your hips down. Squeeze in your glutes and keep the core tight.
(x 15 times)



5. Wall Sit

Put your shoulders and back against the wall. Slide your back down making a 90 degrees with your legs.
Feet width apart, tight your core and your glutes and stay in this position as long as you can.
(1 minute preferably)



6. Lying Leg Curl

Start stomac on the ground.
Place the dumbbell between your feet. Now, curl the dumbbell up until your feet are over your knees. Slowly lower your feet down. Touch the ground then slowly come back up.
Keep the glutes and core tight throughout.
(x 15 reps)

7. Walking Side Steps

Get into a squat position . sitting back into your heels.
Step as far as you can on one side and bring the other foot together.
Now make 2-3 steps to the left then repeat 2-3 steps on the right side.
The lower you squat down, the harder it is going to be.
(x 15times)

8. Bulgarian Split Squat

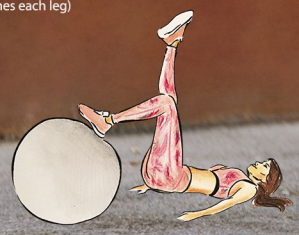
Stand in front of a flat bench/ coffee table with both feet together holding a dumbbell in each hand. Place one foot on the bench with the top of your foot flat against it.
Keep your chest up and your core tight, slowly lower yourself down by flexing the knee and hip of your front leg until your rear knee is just a few inches off the ground.
Make sure you are lowering your hips rather than taking your knees down. Make sure your knee do not past your toes.
Once you reach the bottom position, press yourself up by extending your foot, knee and hip at the same time.
Do not lock your knees.
(x 15 times each leg)



10. Standing Calf Raise

Weights in your hands keep them on your side.
Lift up, squeeze the calves and go down.
Stand straight and tall.
While you come up on the balls of your feet, hold it for about 2-3 seconds and then come back down.
If you have stairs, better do in on a stair.
(x15 times)





9. Single Leg Hamstring Curl

Lying on your back, hips off the floor. Dig one heel into the stability ball and the other leg straight up and extended.
Slowly extend the leg, rolling the ball away and slowly again curl it back to you. The hips stay up high throughout the movement.
Keep your balance by having the hamstrings, glutes and your core tight.
(x 15 times each leg)



Do 3 rounds of the Lower Body Super Set workout program.
After each round, go directly into a minute of "Mountain Climbers" and rest for 1 minute before starting the next round.
Equipment needed: An exercise mat, a pair of dumbbells and a stability ball.

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