

At Home Lower Body Workout

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1. Split Squats

Set 1 = 12 Reps Each Leg / Set 2 = 10 Reps / Set 3 = 8 Reps



Tips:

- * Position yourself into a staggered stance by stepping backwards, with the rear foot elevated on the ball and front foot forward.
- * Begin by descending, flexing your knee and hip to lower your body down. Maintain good posture throughout the movement.
- * Keep the front knee in line with the foot as you perform the exercise.
- * At the bottom of the movement, drive through the heel to extend the knee and hip to return to the starting position then descend back down. Keep the feet in the position for all reps on the side simply going up and down, then switch legs.

Beginner = Do not use weights, Stand parallel to a wall for support and balance / Advanced, add dumb bells

2. Step Ups Set 1 = 15 Reps Each Foot Lead / Set 2 = 12 Reps / Set 3 = 10 Reps



Tips: Beginner:

- * Stand in front of step or low box.
- * Step your Right foot up then follow with the Left. Once on top, step your Right foot down followed by your Left. Repeat for number of reps then switch so Left foot leads up and down.

Intermediate - Advanced:

- * Use a higher bench or box to step onto.
- * Leave your Right foot planted on top of the box for the first half and simply bring your Left foot up and down. Switch sides, planting the Left and perform Reps.
- * Advanced Option, Bring your Working leg up to a front knee raise to add balance and core work!

3. Glute Bridge

Set 1 = 12 Reps / Set 2 = 10 Reps / Set 3 = 8 Reps



Tips:

- * Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down.
- * Lift your hips off the ground until your knees, hips and shoulders form a straight line. ...
- * Hold your bridged position for a couple of seconds before easing back down

Advanced:

- Option 1: Add a Dumbbell. Hold the dumb bell just above your hips to add extra resistance.
- Option 2: Come up onto heels instead of flat feet. Drive thru your heels to raise your hips up.
- Option 3: Elevate your feet onto a bench or step to increase intensity. Stay on heels if elevated.

4. Side Lying Leg Raises

Set 1 = 12 Reps Each Leg / Set 2 = 10 Reps / Set 3 = 8 Reps



Tips:

- * Lie on Right Side, using your right arm to support your head in a comfortable position. (Either up or lay down on your bicep)
- * Bend your right leg to 90 degrees so your foot is behind you.
- * Stack your hips over each other.
- * Extend your Left leg straight out and flex (flatten) your foot.
- * Raise your Left Leg up Slowly, then slowly return it down to hip height. Repeat until reps are complete, then reposition to lay on the Left side. Perform indicated Reps with Right leg.

To Advance: On your last rep on each leg, pulse your leg in the top position for 5 Seconds.

*** STOP—Repeat exercises 1 - 4 Again, this time perform 10 Reps, then repeat exercises 1 - 4 for 8 Reps, then move on.**

5. Band Lateral Walks

Set 1 = 15 Steps Each Way / Set 2 = 12 Steps Each / Set 3 = 10 Steps Each



Tips:

- * Position a band around your lower legs. The resistance can be applied closer to the knees for an easier movement or around the ankles or feet for a more advanced movement.
- * With the band in place, assume an athletic standing position, with the knees and hips slightly bent, feet shoulder-width apart, and the head and chest up. This will be your starting position.
- * Staying low, take a slow, lateral step. Keep your toes pointed forward and stay low. After completing the step, follow with the opposite leg. Step slowly, resisting the band. Keep the feet at least shoulder width apart to maintain band tension.
- * Continue to laterally step in this manner to complete the set for the desired number of repetitions before switching to walk in the opposite direction.

6. Band Step Backs Set 1 = 12 Each Leg / Set 2 = 10 Each Leg / Set 3 = 8 Each Leg



Tips:

- * Place band around ankles.
- * Stand with Feet slightly less than hip width apart.
- * Bend knees into an athletic stance.
- * Shift weight into Right Leg and come onto the ball of the left foot. (think of a position as if you were going to sprint off from your right leg.)
- * Step Left leg back straight behind you staying on the ball of the foot.
- * Slowly return foot next to Right and then repeat.
- * Complete all reps stepping Left Foot back then shift position to repeat with the Right Foot.

7. Single Leg Glute Bridge

Set 1 = 12 Reps Each Leg / Set 2 = 10 Reps Each Leg / Set 3 = 8 Reps Each Leg

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- Tips:
- * Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down.
 - * Extend your Left leg into the air and hold there.
 - * Lift your hips off the ground by driving thru your right foot until your knees, hips and shoulders form a straight line. ...
 - * Hold your bridged position for a couple of seconds before easing back down.
 - * Advanced: Add a Dumbbell. Hold the dumb bell just above your hips to add extra resistance. ALSO: Come up onto heels instead of flat feet. Drive thru your heel to raise your hips up.

8. Wall Sit

Set 1 = 45 Sec / Set 2 = 30 Sec / Set 3 = 30 Sec

ANATOMY OF A PERFECT WALL SIT



Tips:

- * Make sure your back is flat against the wall.
- * Set your feet about shoulder-width apart and then about 2 ft out from the wall.
- * Slide your back down the wall, bending your legs until they're in a 90 degree angle—or as close as you can get! Your knees should be directly above your ankles, but no more forward.
- * HOLD your position, while contracting your abs.
- * After Time is done, Stand slowly, while leaning against the wall.

To Advance: Add More time to challenge yourself!
Keep increasing by 10—15 Seconds!

*** STOP—Repeat exercises 4 - 8 Again, this time perform 10 Reps (or time), then repeat again for 8 Reps (or time). Congratulations you did it!**