

LOWER BODY EXERCISES

1. SQUAT

- feet slightly more than shoulder width apart
- stomach braced
- back straight
- headlights up (chest out)
- taillights out (bum out)
- chin tucked in
- heels stay in contact with the ground, keep weight distributed evenly through feet
- lower slowly

2. SINGLE LEG SQUAT

- Back straight
- Leg not standing on should be out in front
- Stomach tight (like you need to pee!)
- Slowly lower as far as you making sure your knee tracks over your toe
- Come back up.
- Make sure your back stays straight and do not bend forward

3. CALF RAISES

- Start with both legs raise up onto your toes then lower slowly (do not hold onto anything for support) after you have done 20
- Now do 10 on one leg (again do not hold onto anything for support)
- 10 on the other leg
- Then 20 with both legs
- Practice keeping your core nice and tight

4. LUNGE

- Start standing with hands on your hips
- Core braced
- Feet hip width apart
- Lunge out keeping the same distance between your feet (so the front foot should not cross over the line of the back foot)
- Both legs should be at 90°
- As you lunge, land quietly and controlled on you heel
- Now push back through your heel and come back up to a standing position
- This exercise can also be done holding weights in your hands next to your sides