

Lower Body Express Workout

**consult a physical before starting an exercise program*

This lower body workout can be done in 30 minutes. Perform 3 sets of 15 to 20 reps with a 40-45second rest between sets. If you have not tried a workout with rest periods between sets before, or in a while, the change in routine should allow you to see progress. You can use the same weight for all three exercises OR you can drop the weight lower on each round if you have that option with dumbbells. Take at least one day of rest before repeating the workout.

Warm up

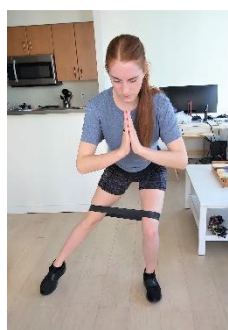
1. Standing, gently swing one leg forward & back 10x, switch legs
 2. Walking lunges as far as you can in your space, turn around and repeat walking lunges back
 3. Stationary squats without any weight 10x
- Repeat

Wide Leg Squat



Keep your back straight and hold 1 or 2 wts where you feel comfortable.

Lateral Band Walk



If you have a mini band place it above your knees and step to your left 2x, back to your right 2x maintaining tension on the band. Count out 20x right and 20x left. If you do not have a band you can hold wts or do without any resistance. You should really feel your outer hips and thighs by round 3.

Deadlift



Hold the wts beside or in front of your legs. Keep knees "soft" and aim for your shins.

Rear Lunges



Alternate stepping behind you for these lunges. Keep body tall and aim your knee for the floor. To increase intensity, hold wts.

Glute Bridge



You can use a mini band or a weight on your hips OR both. Feet shoulder width apart and squeeze glutes at the top of the bridge. Try 20 reps on this exercise.

Stretch – Remember to stretch all your leg muscles for 5 minutes after you finish!