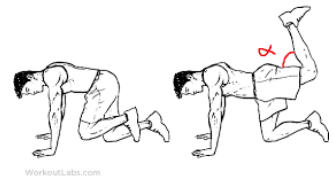


Supersets: Lower Body Workout

Supersets – 2 exercises after each other with no break in between – 3-4 sets and 15-20 reps

Superset 1

Donkey kicks – Start in a crawl position (on hands and knees) so that your hands are under your shoulder and your knees are under your hips. Keep your spine neutral, squeeze the core, don't arch the back. Raise right leg with bent knee towards the ceiling without arching or changing hip position. Complete the 15-20 reps and switch legs.



Good mornings – Stand with feet shoulder width apart, hands behind neck and slightly bent knees. Lean forward while pushing hips backwards, keeping back straight and knees slightly bent. Stop at 90 degrees in the hips and return to the starting position by pushing off the floor and squeezing the glutes.



Superset 2

Sumo squats – Stand with feet wider than shoulder width, and slightly turned out. Hands can be in front of you, or at your chest level or behind your neck. Push the hips back as you lower into a squat position, making sure the knees are pointing out in the same direction as the feet. Push your knees apart as you stand to activate your glutes and adductors.



Squat jumps – Stand in a regular squat stance, feet pointing forward. Perform a regular squat (stopping as the quads hit parallel to the floor), and explode off the floor. Land softly into another squat and repeat the movement for 15-20 reps. Tip: Use your arms to push the floor away as you jump!



Superset 3

Lunges around the world – For this exercise, perform 3 lunges: forward-side-reverse. Completing the cycle of all three is 1 rep. Perform all of your reps with the designated leg before switching sides.

From standing, step into a forward lunge, stopping as the knees hit 90 degrees then step back to the starting standing position. Step to a side lunge, keep your extended leg's knee behind your toe by pushing the hips back; then step back to the starting standing position; then step to a reverse lunge and step back.



Glute bridges - Lay down on your back, knees bent and feet close to the glutes, hands next to the body on the ground. Tuck in pelvis, squeeze the glutes, push the hips up all the way towards the ceiling. Slowly lower the hips to the floor until they gently touch the floor, and repeat.

