

LOWER BODY WEIGHT STRENGTH WORKOUT



- BEGINNER -

WARMUP: JUMP ROPE, LEG SWINGS, & ANY LIGHT
STATIC STRETCHING YOU WANT.

BODY WEIGHT SQUATS - 3 SETS OF 10

LUNGES, EACH LEG IS 1- 3 SETS OF 8

1 LEGGED CALF RAISES - 3 SETS OF 12

1 LEGGED HAMSTRING BRIDGES - 3 SETS OF 8

SQUAT JUMPS - 3 SETS OF 6

HIP FLEXOR LEG RAISES - 3 SETS OF 12

ABDUCTOR LEG RAISES - 3 SETS OF 12

*TAKE 30 SEC TO 1 MIN REST IN BETWEEN SETS