

Week 3 – Lower Body

This week you will focus on developing improved lower body strength.

You will complete this sequence of exercises 3 times during week 3 Any 3 days and ideally with a break in between each day of doing these exercises.

Warm Up

Leg swings front and side each leg – approx. 15 per leg for each exercise

Workout

- Arabesque – both legs
- Glute bridges
- Walking Lunges – 20 – 10 each leg
- Banded side leg
- Banded back leg
- Banded single leg lunge

Complete 10 repetitions of each exercise
2 to 3 sets

Cool Down

Foam roller from ankles to shoulders – 5 to 10mins

