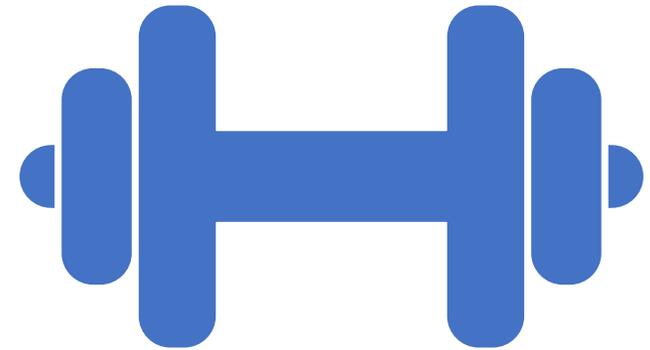


Workout of the Day

Lower Body Circuit



Workout of the Day #1: Lower Body Circuit!

Complete each
exercise for 45
seconds, complete
each round 2-4 times
with 30 seconds rest
after each round

Round 1

- Air Squats
- Side to Side Lunges with Press
- Mountain Climbers

Round 2

- Wall Sit
- Reverse Curtsy Lunges
- Toe Taps on Stairs

Round 3

- Pulsing Squats
- Marching Bridge lifts
- Burpees

Round 4

- Jumping Lunges
- Frogger
- Squat Jacks



Air Squats

Stand with your feet about shoulder-width apart and slightly turned out with your weight in your heels. **Hinge** your hips to sit your butt back and bend your knees until your thighs are parallel to the ground. Drive through your heels to stand back up straight. Squeeze your butt and keep your core tight as you stand.

Modification: Place a chair behind you to reduce the risk of falling

Side to Side Lunges with Press

Start by standing tall with your feet parallel and shoulder-width apart. Your back should be straight and your weight on your heels. Take a big step to the side and, ensuring you keep your torso as upright as possible, lower until the knee of your leading leg is bent at around 90°, keeping your trailing leg straight. Push back up and return to the starting position.



Mountain Climbers

Start in a high plank and draw your right knee under your torso, keeping your toes off the ground. Return your right foot to the starting position. Switch legs and bring your left knee under your chest. Keep switching legs as if you're running in place.



Wall sit:

Start with your back against a wall with your feet shoulder width and about 2 feet from the wall.

Engage your abdominal muscles and slowly slide your back down the wall until your thighs are parallel to the ground.

Adjust your feet so your knees are directly above your ankles (rather than over your toes).

Keep your back flat against the wall.

Hold the position for 20 to 60 seconds.

Slide slowly back up the wall to a standing position.



Alternating Reverse Curtsy Lunges:

Standing with a braced core and flat back, bring your hands together at chest height. Position your feet to be at hip-width. Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground. Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.



Toe Taps

Find a step, stool, or Stairs (or aim toes at an imaginary step) and lightly tap your left toes to the box, then jump to switch feet, bringing the right toes up



Pulsing Sumo Squats

pulses at the bottom of your sumo squat to target glutes and inner thighs.

Start in second position, with your legs opened wide to the sides and your toes turned slightly outward. Placing your hands on your hips, bend your knees, going as low as you can. Make sure your shoulders remain directly over your hips and your knees are in line with your feet.

While holding second position, make small pulses up and down, moving about an inch.

Modification: add weights



Marching Bridge Lifts

Begin on your back with feet about 12 inches from your bum and hands by your sides with palms up. Press your heels into the ground and lift your pelvis up until your knees, pelvis, and shoulders form a straight line.

Hold your bridge while you lift your right knee toward your chest, until your hip is at 90 degrees. Return the heel to the floor and lift the left knee. Do not let your pelvis sag or your back overarch while lifting and lowering your knees. This completes one rep.



Burpees

Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.

Push your hips back, bend your knees, and lower your body into a squat.

Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.

Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.

Jump your feet back so that they land just outside of your hands.

Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.



Jumping Lunges

Starting standing with feet shoulder-width apart. Jump your left leg forward and your right leg back into a lunge, with both knees at 90 degrees.

Jump up and switch your legs in midair so that you land in a lunge with your right leg in front.

Continue jumping back and forth, pausing as little as possible.



Frogger

This plank-to-squat move seems simple, but you'll feel it as you do your 30-second bursts. Begin in a plank position. Jump your feet to the outside of your hands, coming into a deep squat and keeping your hands on the floor, then jump back to plank. Repeat in a quick succession



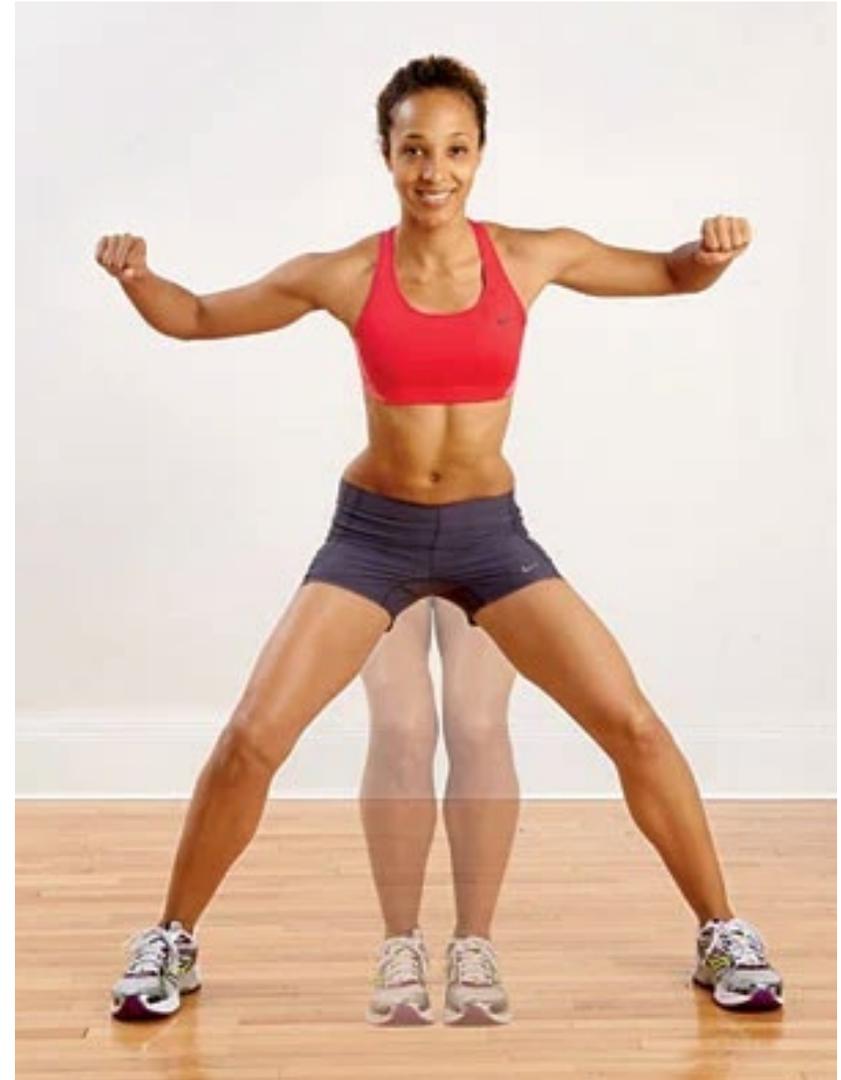
Squat Jacks

Start standing with your feet together, hands clasped at your chest.

Jump your feet out and simultaneously bend your knees so you land in a squat position. Pretend there is a chair behind you and bend your knees as if you are about to sit in the chair.

Keep the weight in your heels and try to keep your knees from going beyond your toes. And don't forget to keep your chest up!

Push off, using your heels, and jump back to the starting position.



Awesome!!
Now don't
forget to
stretch

Hold each stretch of 30
-60 seconds

