

Lower Body Hill Workout

# Workout of the Day

# Lower Body Hill Workout

## Equipment Needed:

- a hill or stairs

## Workout:

### **Round One**

- Jog up Hill 2x (jog down)
- 15 Squats
- 20 Lunges
- 30 Mountain Climbers

Repeat 2-3 times

### **Round Two**

Sprint up Hill 2X (jog down)

- 10 Burpees
- 20 Sumo Squat Pulse
- 30 Curtsy Lunges
- 20 Sump Squat Jumps

Repeat 2-3 times

### **Round Three**

- Sprint up Hill 1X (jog down)
- 15 Squat Jumps
- 20 Side to Side Lunges
- Side Shuffle up Hill Left (jog down)
- Side Shuffle up Hill Right (jog down)

Repeat 2-3 times

# Squats

- Stand with your head facing forward and your chest held up and out.
- Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also bend the elbows or clasp the fingers.
- Sit back and down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit. Rather than allowing your back to round, let your lower back arch slightly as you descend.
- Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels.
- Keep your body tight and push through your heels to bring yourself back to the starting position.



# Lunges



- Stand tall with feet hip-width apart. Engage your core.
- Take a big step forward with right leg. Start to shift your weight forward so heel hits the floor first.
- Lower your body until right thigh is parallel to the floor and right shin is vertical. It's OK if knee shifts forward a little as long as it doesn't go past right toe. If mobility allows, lightly tap left knee to the floor while keeping weight in right heel.
- Press into right heel to drive back up to starting position.

# Mountain Climbers



- Start in plank with your shoulders over your hands.
- With your core engaged, bring your left knee forward toward your chest. Switch legs, bringing the right knee forward while moving the left leg back. This completes one rep.
- Keep switching legs and begin to pick up the pace until it feels a little like running in place in a plank position.

# 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



## Sumo Squat Pulse

- 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.



## 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.
- Perform reps per side.



# Sumo Squat Jump



- Stand with your feet shoulder width apart and slightly turned out, arms resting on your hips.
- Bend your knees and pli e, then jump up explosively. Keep your core engaged.
- Land with control, lowering your body back into the squat position to complete one rep.

## Squat Jumps



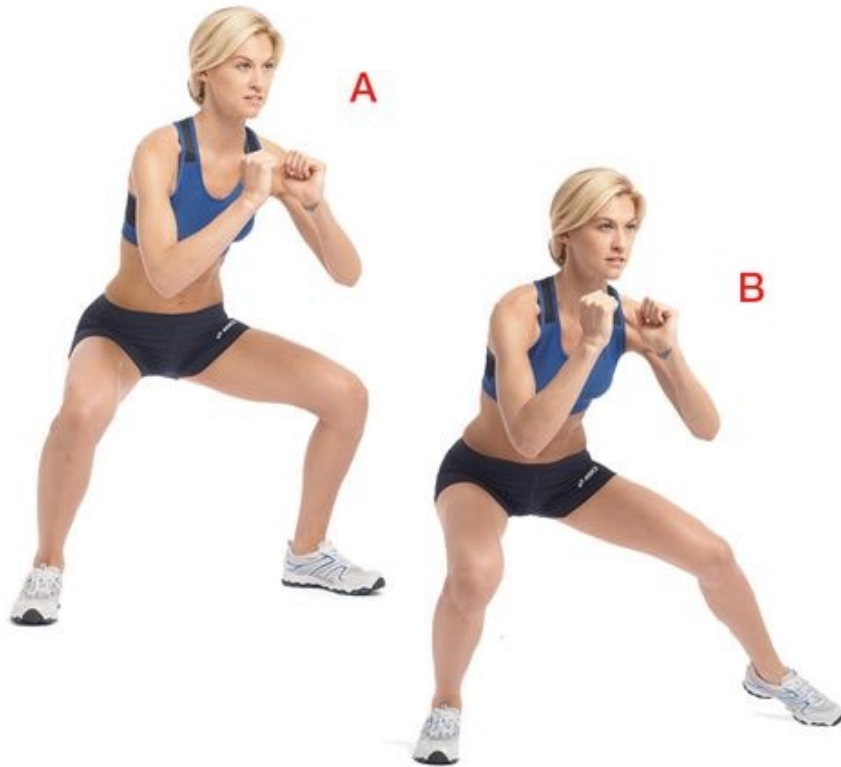
- Stand with your feet shoulder-width apart.
- Start by doing a regular squat, then engage your core and jump up explosively.
- When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.

## Side to Side Lunges



- Start with your feet directly under your hips. Step your right foot wide to the side coming into a lunge with your left fingers touching your right foot. Your right knee shouldn't go beyond your right toes. Keep your chest lifted and your weight in your heels.
- Push into your right foot to return to standing, then lunge sideways to the left to complete one rep.

## Side Shuffle up Hill



- Start at the bottom of the hill with your right side facing the hill.
- Bend at the knees and drop your butt down.
- Begin to side shuffle up the hill as quickly as you can.
- When you reach the top you have completed one repetition.
- Come back down and on the next rep face the hill with your left side.