

EXERCISE

30
MINS

CIRCUIT #4: LOWER BODY



CLICK TO WATCH CIRCUIT #4

There are 3 parts to each circuit. Circuit the exercises one after the other with no rest in between. Complete the number of sets in each part before moving on.

PART #1: PERFORM 5 COMPLETE SETS

WALL SITS



ACTION: Lean against a wall. Lower yourself down against the wall until your thighs are parallel to the floor. Your butt should not be lower than your knees. Your upper legs are at a 90 degree angle with your upper body.

Remain in the “sit squat” position for a count of 45 seconds. *Note: This exercise can also be done with feet on the stability ball and upper body on floor. Engage core and lift hips, hold 3 seconds and repeat.*

EQUIPMENT: NONE | **WEIGHT:** NONE | **REPS:** AS ABOVE

EXERCISE

STABILITY BALL HIP BRIDGE



ACTION: Lay on a stability ball with upper back on ball and hips unsupported. Feet are flat on the floor, hip width apart. Engage core and thrust hips upward, driving heels into floor, making sure to engage glute muscles. Hold the extension for a count of 3 and return to start position.

EQUIPMENT: STABILITY BALL | **WEIGHT:** NONE | **REPS:** 10

PART #2: PERFORM 5 COMPLETE SETS

STABILITY BALL HAMSTRING CURL WITH HIP RAISE



ACTION: Lay on floor on back with a stability ball under your feet. Hands are on floor, at your sides. Draw ball in and perform a hip bridge when knees are bent.

EQUIPMENT: STABILITY BALL | **WEIGHT:** NONE | **REPS:** 15



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CIRCUIT #4 cont...

LUNGES WITH DUMBBELLS*



ACTION: Stand erect with feet shoulder width apart. Grasp dumbbells in each hand. Palms are facing inward. Arms are hanging down by your sides. Step forward with your left foot and sink to the floor so that your right knee is almost

touching the floor. Be sure to step far enough forward that your knee doesn't go beyond the toes on your forward foot. Return to start upright position and continue to work each leg alternating the lunging action.

** NB: Lunges work the glutes only if you concentrate on the squeeze.*

EQUIPMENT: 2 DUMBBELLS | **WEIGHT:** 5 LBS. EA/HAND | **REPS:** 10 PER LEG

PART #3: PERFORM 4 COMPLETE SETS OF ABS

PIKE PLANKS*



ACTION: Get yourself in the plank position again but this time put your feet on a stability ball. Now, engage your core and pull ball in as you pike your body up with straight legs.

EXERCISE

Hold for a 3 count and then go back to plank position. * Make the move easier: Bend your knees as you draw the ball in.

EQUIPMENT: STABILITY BALL | **WEIGHT:** NONE | **REPS:** 10-12

SCISSOR HIP EXTENSION*



fast as possible doing 20 reps per side.

ACTION: Lay flat on back on floor. Tighten core and keep navel pulled tight to floor. Alternate left and right leg scissor kicks for 20 reps per side.

**To make move harder, kick legs as*

EQUIPMENT/WEIGHT: NONE | **REPS:** 20 PER LEG

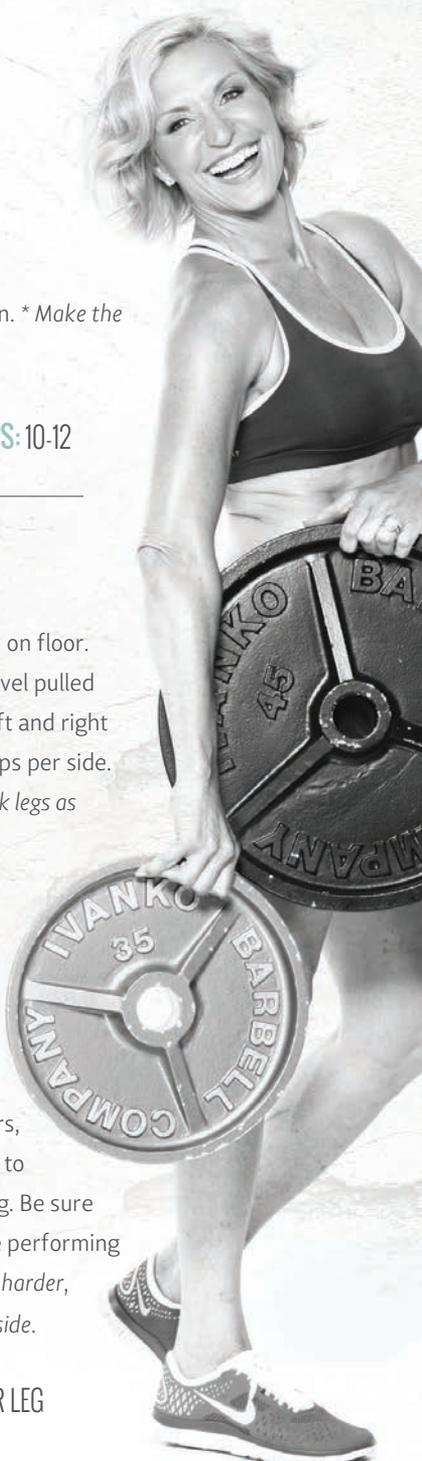
HEEL PRESS TO CEILING*



press heel flat to ceiling; strive to perform 50 reps per side.

ACTION: Kneel on all fours, lift left leg, press heel flat to ceiling, repeat for right leg. Be sure to engage your core while performing the move. **To make move harder,*

EQUIPMENT: NONE | **WEIGHT:** NONE | **REPS:** 20 PER LEG



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CIRCUIT #4 cont...

REVERSE PUSH UP



ACTION: Lower body into a pushup. Bend knees and press body backward in pike form, as if dragging nose on floor.

Dig toes into floor and return

forcefully to start position. Explode the move!

Important: *If you have a compromised shoulder, as I do, this exercise is great for recovery but you can also modify it. Try using a resistance band under your chest and attach it to a bar above you. Do the push-ups in the assisted fashion.*

EQUIPMENT: NONE | **WEIGHT:** NONE | **REPS:** 10

CONGRATULATIONS!
THAT COMPLETES CIRCUIT #4!

