

Imagine **ADVANCED Lower Body Workout A**

Before you start any fitness program, be sure to consult your doctor. These exercises are provided as suggestions only and should be modified as necessary to fit your fitness level.

Quadriceps

Step-ups

12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break



Squats



To reduce risk of injury, whenever you bend at the knees be sure to never let your knee drift further forward than your heel.

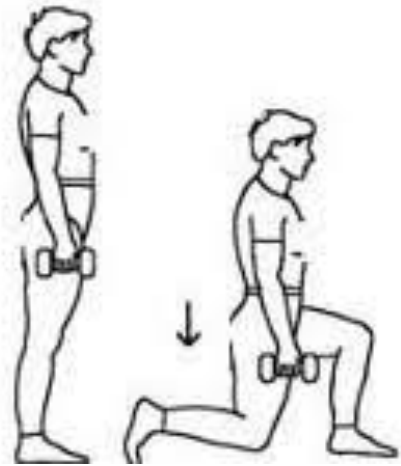
12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break

Hamstrings

Lunges

Start with either leg one full step in front of you
Never allow front knee to go ahead of your heel!

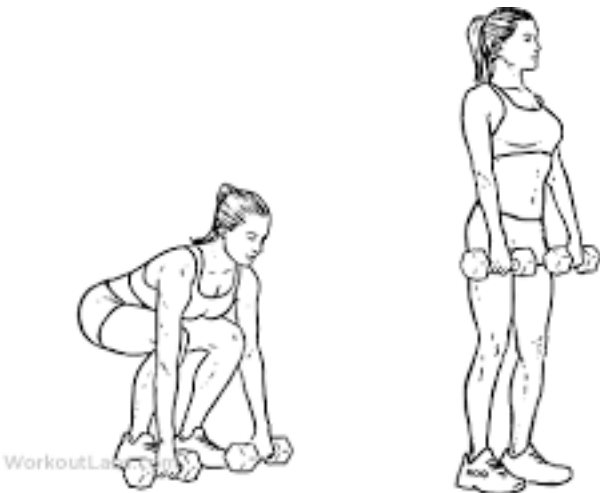
12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break; repeat with opposite leg



Deadlift

If you have back issues, skip this exercise unless under the guidance of a fitness professional or PT

12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break

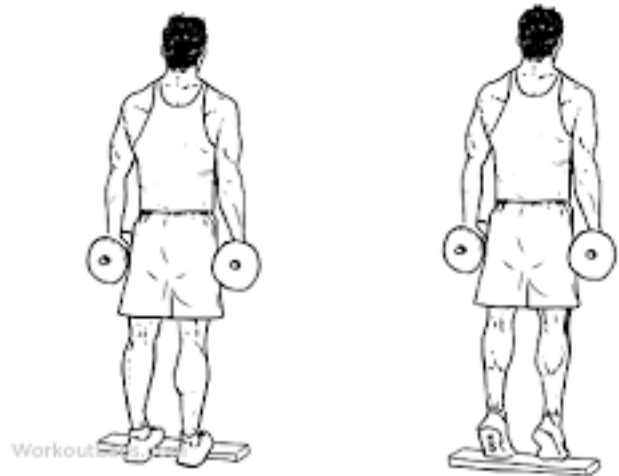


Calves

Standing Calf Raises

Use something sturdy such as a board or large book as a step, to get better range of motion.

12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break



Seated Calf Raises

Use something sturdy such as a board or large book as a step, to get better range of motion.



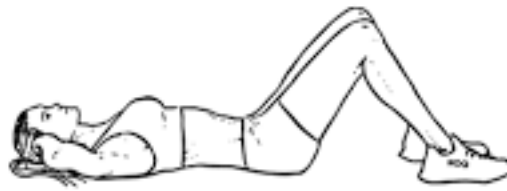
12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break

Abdominals

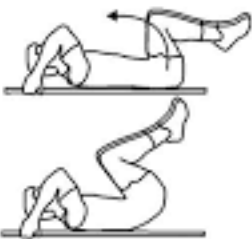
Crunches

No weights used for this exercise!

- 12 reps, rest one minute
- 10 reps, rest one minute
- 8 reps, rest one minute
- 6 reps, rest one minute
- 12 reps, no rest break
- 12 reps



Reverse Crunches



No weights used for this exercise!

- 12 reps, rest one minute
- 10 reps, rest one minute
- 8 reps, rest one minute
- 6 reps, rest one minute
- 12 reps, no rest break
- 12 reps

And....DONE!

CHALLENGE WORKOUT

If the weights in the ADVANCED workout are not heavy enough to provide you any sense of challenge, it may be time to slowly increase the amount of weight you lift.

To determine a safe weight to start with, find the maximum weight with which you can do the exercise slowly and at full range of motion. Do this by starting under the weight you think is your max, choosing increasingly heavier until you find what works.

Then, to set up a workout, subtract 2-5 pounds for each of sets Three (8 reps), Two (10 reps), and One (12 reps). Use the lightest weight you'll lift as your warm up (first set) and cool down (last two sets). Do *not* exceed the weights for which you are able to complete each exercise with control and good form!