

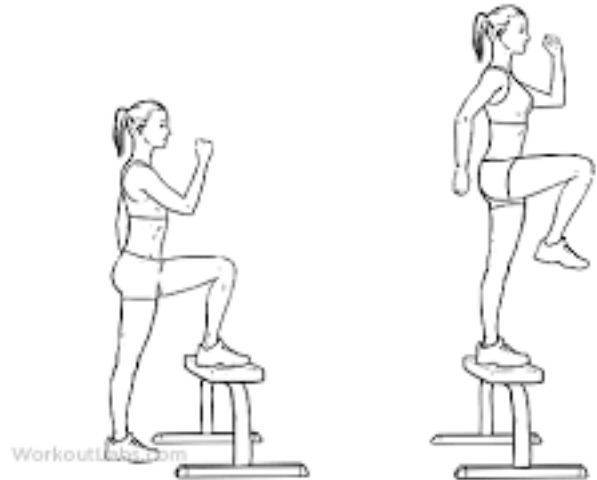
# Imagine BASIC Lower Body Workout A

*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. If the weights listed seem to heavy, modify by reducing or excluding weights.*

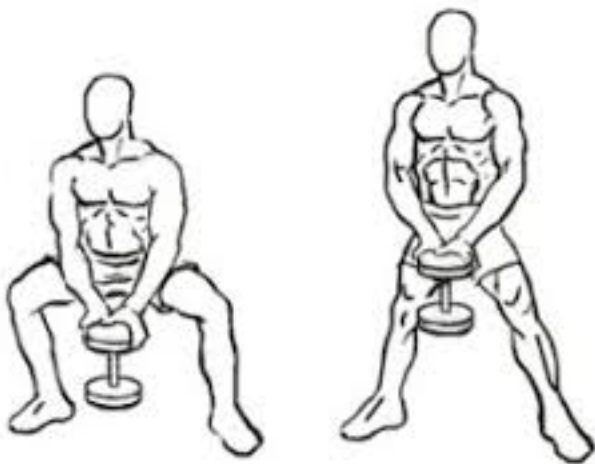
## Quadriceps

### Step-ups

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



## Squats



To reduce risk of injury, whenever you bend at the knees be sure to keep knees from going out beyond your heels. Keep tummy tight and torso upright to protect the back.

12 reps with 5 pounds, rest one minute  
10 reps with 8 pounds, rest one minute  
8 reps with 10 pounds, rest one minute  
6 reps with 12 pounds, rest one minute  
12 reps with 5 pounds, no rest break  
12 reps with 5 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!  
Think of your torso as an elevator going straight up and down, to avoid stress to back.

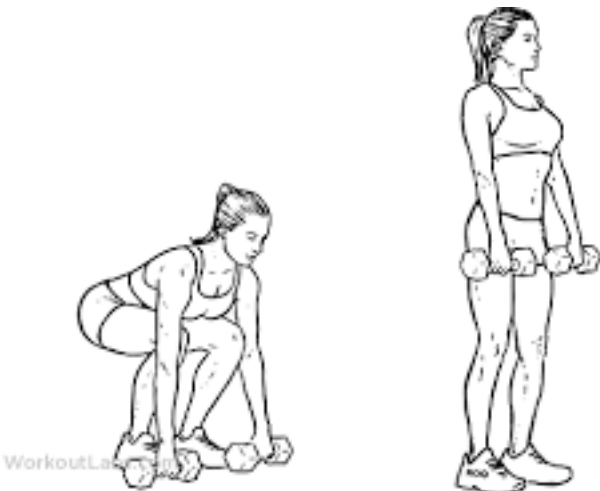
12 reps with 5 pounds, rest one minute  
10 reps with 8 pounds, rest one minute  
8 reps with 10 pounds, rest one minute  
6 reps with 12 pounds, rest one minute  
12 reps with 5 pounds, no rest break  
12 reps with 5 pounds  
Two minute break; repeat with opposite leg



## Deadlift

If you have back issues at all, skip this exercise unless under the guidance of a fitness professional.

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

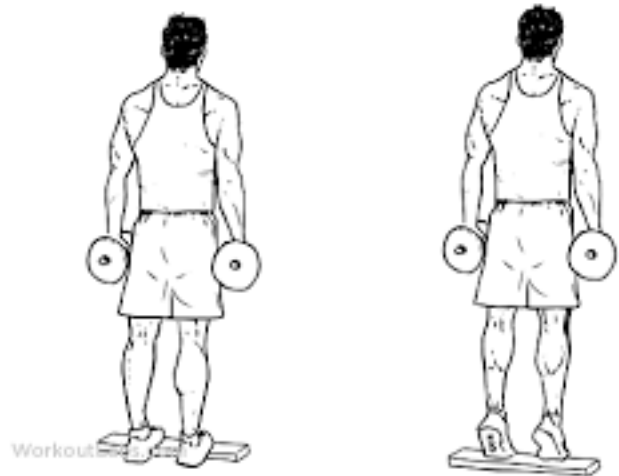


# Calves

## 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 5 pounds, rest one minute  
10 reps with 8 pounds, rest one minute  
8 reps with 10 pounds, rest one minute  
6 reps with 12 pounds, rest one minute  
12 reps with 5 pounds, no rest break  
12 reps with 5 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.



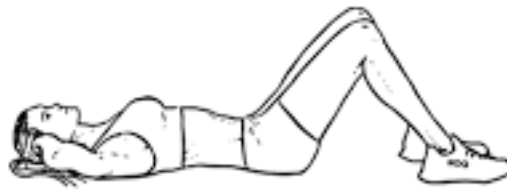
12 reps with 5 pounds, rest one minute  
10 reps with 8 pounds, rest one minute  
8 reps with 10 pounds, rest one minute  
6 reps with 12 pounds, rest one minute  
12 reps with 5 pounds, no rest break  
12 reps with 5 pounds  
Two minute break

# Abdominals

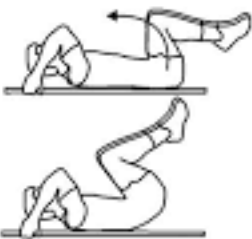
## Crunches

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!*