

WARM-UP - WARM-UP - WALKING

Image 1 - Start



Image 2 - End



Walking

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
Set 1	10	at 0

LEGS - BALL LEG CURLS

Image 1 - Start



Image 2 - End



Starting Position: - Lie on your back and position a small exercise ball under the lower part of your right leg. Press your palms into the floor for support on either side of your body, and raise your left leg up off of the floor and keep it raised throughout the entire movement. Movement: - Exhale as you roll the ball in towards your buttocks as far as you can. Slowly roll the ball back to the starting position. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
Set 1	15	at 0
Set 2	15	at 0
Set 3	15	at 0

LEGS - EXERCISE BAND LYING LEG PRESS

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back on an exercise matt with the band around the soles of your shoes and the handles held at chest level. Bend your knees in towards your chest and angle your feet upward. Movement: Exhale as you press your feet up until your legs have just a slight bend in them. Inhale as you lower your legs back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
Set 1	15	at 0
Set 2	15	at 0
Set 3	15	at 0

LEGS - BALL LUNGE

Image 1 - Start



Image 2 - End



Starting Position: - Assume a lunging position with your feet wider than shoulder width apart and with the lower part of your back leg resting on an exercise ball. Movement: - Inhale, keeping your back vertical and slightly arched, slowly lower your body down and forward until your front knee has reach a 90 degree angle. Exhale, as you slowly raise yourself back up to the starting position. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
Set 1	15	at 0
Set 2	15	at 0
Set 3	15	at 0

LEGS - DUMBBELL SIDE LUNGES

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a dumbbell in each hand with your arms hanging down in front of you. Movement: Inhale as you take a large step to your right side and lower yourself down until your right knee has a 90-degree bend in it. Exhale as you press yourself back up to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0
Set 3	15		0

LEGS - DB SUMO SQUATS

Image 1 - Start



Image 2 - End



Starting Position: - Hold a dumbbell in each hand and allow them to hang down at your sides. Stand with your feet wider than shoulder width apart, toes pointed slightly outward. Distribute your body weight equally between both feet. Movement: - Inhale, keeping your heels in contact with the floor at all times, slowly lower into a squat position. Exhale as you slowly straighten your legs, keeping your head and chest up, returning to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0
Set 3	15		0

LEGS - KNEELING LEG EXTENSION II

Image 1 - Start



Image 2 - End



Starting Position: On an exercise mat get down on your knees and elbows. Wrap the band around your left knee and right heel. Keep your back straight. Movement: Exhale as you extend your right leg back until it has just a slight bend in it. Inhale as you slowly return your leg back down to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0
Set 3	15		0

LEGS - BALL SITTING SPLIT STRETCH

Image 1 - Start



Image 2 - End



Starting Position: Sit on an exercise ball and spread your legs as far as you can. Movement: Lean to your right side and reach for your toes. Rest your hands on your toes or at your ankle. Hold this position for thirty seconds. Repeat as required on other side.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30		0

LEGS - RUNNER'S STRETCH

Image 1 - Start



Image 2 - End



Starting Position: Stand on an exercise matt and take a large step forward with your right leg.
Movement: Lean forward as you bend your right knee to a 90degree angle. Place your hands on your right thigh and keep both heels flat on the floor. Hold this position for thirty seconds. Repeat as required on other side.

Set Name

Set 1

Reps / Time

30

at

Weight / Level

0