



## Lower Body Blast #1

Weeks: 1&2  
Day(s): 1

**GOALS:** Conditioning and learning to work at the right pace.

Remember to warm up!

**Level 1** - Just get through the workout. No weights used, or use bands. Rest as needed.

**Level 2** - Hold Dumbbells when possible. Keep rest between exercises at 30-40 seconds.

Rest between sets 60-75 sec.

**Level 3** - Hold dumbbells. Keep rest between exercises at strict 30 sec.

Rest 60 sec. between sets and add the \*Fat Finisher intervals.

Perform all exercises, 1-6 once, one set each. This Equals 1 circuit. Complete 3 circuits.

Record your reps/weight/rest below.

EXERCISES	SETS	REPS	SET 1	SET 2	SET 3	REST
1 - Wide Stance Squats	3	15				
2 - Stationary Lunges	3	8 each leg				
3 - Seated Calve Raises	3	30				
4 - Narrow Glute Bridge/ Pelvic Raises	3	15				
5 - Alternating Stepback Lunges	3	10 each leg				
6 - Stiff Legged Deadlifts	3	12				

\* LEVEL 3 FAT FINISHERS - Add 1 between each exercise, then rest 30 seconds and continue. At the end of each set, following the Fat Finishers, rest 60 sec.

EXERCISE CHOICES	TIME	TARGET HR
Standing knee lifts & twist (elbow towards knee)	30 sec.	75-90% or 7-9 on RPE
Basic pedal jog	30 sec.	60-75% or 6-7 on RPE

## COOL DOWN

ACTIVITY CHOICE	TIME/DIST	SETS/REPS

NOTES:

# Seriously Sexy Legs Lower Body Blast I

## EXERCISES

### 1 - WIDE STANCE SQUAT

Hold a pair of dumbbells at sides.

Stand feet slightly more than shoulder width apart. Lower your body to a seated position as you bend your knees to 90 (which is the point in which the upper legs are below parallel to the floor), or slightly less than 90-degrees and maintain an upright posture.

Return to upright position = 1 rep.



### 2 - STATIONARY LUNGE

Holding dumbbells at your side, stand feet shoulder width apart, knees slightly bent. Step back and drop down into a lunge position while maintaining a straight back/upright posture.

Return to start position. This sequence counts as 1 rep.



### 3 - SEATED WEIGHTED CALVE RAISES

Hold a pair of dumbbells and rest the weights on your thighs. Feet/legs are shoulder width apart.

Raise up on the toes, heels off the ground as high as possible and lower back to start position = 1 rep.



For an extra burn, hold heels up and perform 3-10 suspended micro-reps/pulses, then return to start.

### 4 - NARROW GLUTE BRIDGE

Lie on mat with arms at sides.

Feet positioned closer than shoulder distance. Raise hips to the highest position possible as you contract your glutes.

Hold for a count of 1.

Return to starting position = 1 rep.



# **Seriously Sexy Legs**

## **Lower Body Blast I**

EXERCISES Pg.2

### **5 - ALTERNATING STEP BACK LUNGES**

Holding dumbbells at your side, stand feet shoulder width apart, knees slightly bent. Step back and drop down into a lunge position while maintaining a straight back/upright posture. Return to start position and repeat with other leg. This sequence counts as 1 rep.



### **6 - STIFF LEGGED DEADLIFT**

Stand holding a pair of dumbbells at front of body, over thighs. Bend at the hips and slowly lower the weights down towards the floor/feet, maintaining a straight back, until you feel a stretch in your hamstrings. Contract your glutes to initiate the action back up to the upright start position. = 1 rep.

