

**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.

60 sec. between sets and add the \*Fat Finisher intervals, now increased to 45 sec. each.

**SERIOUSLY SLIMMING SETS - STRENGTH TRAINING (CS)**

Circuit Style (CS) - Perform SET 1 of ABC, with stretch at end, this equals 1 circuit.

Repeat CS for sets 2 and 3

Then move to Group 2, same CS

Record your reps/weight/rest below.

| EXERCISES                       | SETS | REPS      | SET 1 | SET 2 | SET 3 | REST |
|---------------------------------|------|-----------|-------|-------|-------|------|
| GROUP 1                         |      |           |       |       |       |      |
| A) Lateral Squat                | 3    | 10 R+10 L |       |       |       |      |
| B) Deep Plié Pulse Squat        | 3    | 12        |       |       |       |      |
| C) Triple Pulse Lunge           | 3    | 10 R+10 L |       |       |       |      |
| GROUP 2                         |      |           |       |       |       |      |
| D) Lying Leg Curls              | 2    | 12        |       |       |       |      |
| E) Seated Weighted Calve Raises | 2    | 12        |       |       |       |      |

\* LEVEL 3 FAT FINISHERS - Add between each exercise, then rest 45 seconds and continue. At the end of each set, following the Fat Finishers, rest 60 seconds and begin again.

| EXERCISE CHOICES               | TIME                             | TARGET HR            |
|--------------------------------|----------------------------------|----------------------|
| Lie, Sit, Stand, Reach or Jump | 45 sec.                          | 75-90% or 7-9 on RPE |
| Alternating Single Leg Hops    | 45 sec. Switch leg every 10 hops | 75-90% or 7-9 on RPE |

**COOL DOWN**

| ACTIVITY CHOICE | TIME/DIST | SETS/REPS |
|-----------------|-----------|-----------|
|                 |           |           |

NOTES:

# Seriously Sexy Legs Lower Body Blast 53

## EXERCISES

### GROUP 1

#### A - LATERAL SQUAT

Holding the dumbbells at your side, take a step sideways into a lunge position keeping the knee in line with the ankle (avoid knees beyond the toes), and step back to start position = 1 rep.



#### B - DEEP PLIÉ PULSE SQUAT

Hold the top of the dumbbell in centre front of body. Stand in a wider than shoulder distance stance with your toes/feet pointing outwards on a diagonal. Keeping your torso/chest upright, drop butt down and then return partway up to complete one pulse plié squat rep.



#### C - TRIPLE PULSE LUNGE

Grip the dumbbells at your side. Assume a lunge position with one leg forward, the other leg back. Lunge halfway down and hold for 3 sec., drop down to the lowest position and hold 3 sec., return to the mid position and hold 3 sec., back up to the top of the lunge position = 1 rep.



### GROUP 2

#### D - LYING LEG CURLS

Position dumbbell between feet while in a kneeling position. Lie face down. Bend knees bringing them to a 90 degree angle (heels towards butt), then lower towards floor = 1 rep.



#### E - SEATED WEIGHTED CALVE RAISES

In a seated position on a bench or chair, feet flat, rest a pair of dumbbells on the knees. Raise heels high off floor and flex the calves. Return to starting position = 1 rep.



For an extra burn, hold heels up and perform 5-10 suspended micro-reps/pulses, then return to start.