

20 MINUTE LOWER BODY STRENGTH



Description: Lower body workout will strengthen the primary and secondary muscles in the lower half of your body. These include quads, hamstrings, glutes, calves, abductors, and adductors.

Club Area: Strength Equipment Area

Equipment Needed: Strength Equipment and Cable Tower

Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!



WARM-UP

30 sec each

:30

Hip Openers

:30

Walking Hamstring Stretch

:30

Air Squats

:30

Bend & Reaches

MAIN WORKOUT

3 REPITITIONS of each exercise

(3X) 10-12 REPS Leg Press

+ Modification - Reduce the weight and range of motion

(3X) 10-12 REPS Leg Extension

+ Modification - Reduce the weight and slow down the pace

(3X) 10-12 REPS Leg Curl

+ Modification - Reduce the weight and slow down the pace

(3X) 10-12 REPS Calve Extensions

+ Modification - Reduce the weight and slow the pace

(3X) 10-12 REPS Cable Hip Extension (Right)

+ Modification - Perform the exercise without the cable strap

(3X) 10-12 REPS Cable Hip Extension (Left)

+ Modification - Perform the exercise without the cable strap

(3X) 10-12 REPS Cable Kickbacks (Right)

+ Modification - Perform the exercise without the cable strap

(3X) 10-12 REPS Cable Kickbacks (Left)

+ Modification - Perform the exercise without the cable strap

COOL-DOWN

30 sec each

:30

Seated quad stretch

:30

Seated hamstring stretch

:30

Seated calf stretch

:30

Pigeon stretch