

20 Minute Lower Body Strength Focus (Bodyweight)

Description: This lower body session is designed to strengthen the primary and secondary muscles in the lower half of your body. These include quads, hamstrings, glutes, calves, abductors, and adductors.

Club Area: Functional Training Area

Equipment Needed: None

Judgement Free Tip: Listening to an upbeat playlist while working out can help you keep a good pace throughout your routine which will help keep your bpm's up and add some sauce to your strength!



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

1. Hip Openers
2. Walking Hamstring Stretch
3. Air Squats
4. Bend & Reaches

Main Workout

(3 Rounds of each exercise/ 1st Round 20 reps/ 2nd Round 15 reps/ 3rd Round 10 reps)

For each strength exercise perform the number of repetitions outlined above for the associated round.

- Squats
+ **Modification** - Reduce the range of motion on the squat to 3/4
- Squat to Calve Raise
+ **Modification** - Perform the squat without the calve raise
- Alternating Forward Lunge
+ **Modification** - Reduce the range of motion and do a 3/4 lunge
- Alternating Curtsy Lunge
+ **Modification** - Reduce the range of motion and do a 3/4 lunge
- Bent Knee Glute Bridge
+ **Modification** - Reduce the pace of the movement

- Donkey Kicks (Left)
+ **Modification** - Perform the exercise from a standing position using a wall for support
- Donkey Kicks (Right)
+ **Modification** - Perform the exercise from a standing position using a wall for support

REPEAT FOR ROUNDS 2 & 3

Cool-down/30 sec each

1. Seated quad stretch
2. Seated hamstring stretch
3. Seated calf stretch
4. Pigeon stretch