

20 Minute Lower Body Strength Focus (Equipment)

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: Strength Equipment Area

Equipment Needed: Strength Equipment and Cable Tower

Judgement Free Tip: When adding weights to any movement, be sure to start light and focus on form and technique first. Once you've gotten comfortable with the mechanics, then slowly add more weight.



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 sets of 10-12 reps)

For each strength exercise perform at least 10 repetitions and work to achieving 12 repetitions per set. Once you've completed all three sets of one exercise, move onto the next.

- Leg Press
 - + **Modification** - Reduce the weight and range of motion
- Leg Extension
 - + **Modification** - Reduce the weight and slow down the pace
- Leg Curl
 - + **Modification** - Reduce the weight and slow down the pace
- Calve Extensions
 - + **Modification** - Reduce the weight and slow the pace
- Cable Hip Extension (Right)

- + **Modification** - Perform the exercise without the cable strap
- Cable Hip Extension (Left)
 - + **Modification** - Perform the exercise without the cable strap
- Cable Kickbacks (Right)
 - + **Modification** - Perform the exercise without the cable strap
- Cable Kickbacks (Left)
 - + **Modification** - Perform the exercise without the cable strap

Cool-down/30 sec each

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