

20 MINUTE LOWER BODY STRENGTH (NO EQUIPMENT)



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: Functional Training Area

Equipment Needed: None

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 ROUNDS
of each exercise

1st Round
20 REPS

2nd Round
15 REPS

3rd Round
10 REPS

Squats

+ **Modification** - Reduce the range of motion on the lunge 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

:30
Seated quad stretch

:30
Seated hamstring stretch

:30
Seated calf stretch

:30
Pigeon stretch