

LEGS - ADVANCED BALL SQUAT

Image 1 - Start



Image 2 - End



Starting Position: - Position an exercise ball between your middle back and a wall. Stand with your feet on a balance board. Distribute your body weight equally between both feet and lean back against the ball. Movement: - Inhale, keeping your heels in contact with the board at all times, slowly lower into a squat position while rolling the ball up your back. Exhale as you slowly straighten your legs, keeping your head and chest up, returning to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		5
Set 2	20		20
Set 3	20		40

LEGS - MEDICINE BALL REVERSE LUNGE

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a medicine ball with both hands near your chest. Movement: Inhale as you take a large step back and lower yourself down until your front knee has a 90-degree bend in it. Exhale as you press yourself back up to the starting position. Repeat on other side as required.

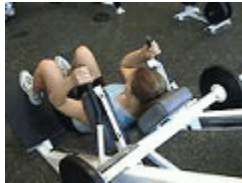
<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		8
Set 2	20		10
Set 3	20		12

LEGS - PLATE LOADED HACK SQUAT

Image 1 - Start



Image 2 - End



Starting Position: - Position yourself in the machine with your shoulders and back flat against the pad. Place your feet shoulder width apart on the platform. Start with your knees bent to a 90degree angle. Movement: - Exhale, bearing the weight on the heels of your feet, straightening your legs. Inhale; slowly return your leg to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		90
Set 2	10		120
Set 3	10		160

LEGS - WALKING LUNGES

Image 1 - Start



Image 2 - End



Starting Position: - Assume a standing position with your feet slightly less than shoulder width apart. Grasp a barbell with a wider than shoulder width grip and place it across your shoulders. Movement: - Inhale, keeping your back vertical and slightly arched, slowly step forward with one leg making a long stride, lowering your body down and forward until your rear knee lightly touches the floor. Exhale, shifting your weight forwards, bringing your back leg next to your front leg. Inhale, and lunge forward with your back leg. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		30

Set 2	15	at	10
Set 3	20	at	0

ABS - SINGLE LEG PLANK

Image 1 - Start



Image 2 - End



Starting Position: - On an exercise matt get down into the push up position. Movement: - Drop your elbows down on to the matt, and exhale as you pull your belly button in towards your spine. Lift one of your legs off of the matt and hold it up throughout the entire exercise. Be sure to keep your back flat. Inhale as you slowly return back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30	at	0
Set 2	30	at	0
Set 3	30	at	0

ABS - BALL HIP TWISTERS

Image 1 - Start



Image 2 - End



Starting Position: Get into a push up position with an exercise ball under your lower legs, and your hands flat on the floor. Keep your back straight. Movement: Exhale as you rotate your hips to one side, crossing your legs on the ball. Inhale as you return to the starting position. Exhale as you rotate your hips to the other side, crossing your legs on the ball. Inhale as you return to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10	at	0
Set 2	20	at	0
Set 3	15	at	0