Lower Body Workout

Repeat 2 times:

1. **10 Regular squats** – Standing with your feet shoulder width apart, lower your body as far as you can by pushing your hips back and bending your knees. Pause, then slowly push yourself back to the starting position. Extend your arms straight out in front of you. MAKE SURE YOUR KNEES DO NOT EXTEND PAST YOUR TOES.
2. **5 Walking Lunges-** stand with both feet together step forward with your left foot, Lower hips toward the floor and bend both knees (almost at 90 degree angles). The back knee should come close but never touch the ground. Your front knee should be directly over the ankle and the back knee should be pointing down toward the floor. Push off with your right foot and bring it forward to starting position. Next step forward with the right leg and repeat. Do this four more times.
3. **10 Wide leg squats -** spread your feet a little wider than shoulder width apart, lower your body as far as you can. Your knees should track out to your toes, but not further. You may need to angle your feet to the side, when you squat if make sure your feet are angled to be under your knees.
4. **10 backwards lunges –** repeat #2 just stepping backwards instead of forward. Starting in a standing position with feet together, take a giant step back with your right foot. Slowly lower your body to the ground by bending the left knee. Return to starting position and switch legs.
5. **5 Jump Squats -** Place your fingers on the back of your head and pull your elbows back so that they’re in line with your shoulders. Squat down and then explosively jump as high as you can. When you land, immediately squat down and jump again.
6. **5 alternating leg warrior 1 lunges –** start with feet together, step forward with your right leg and lunge. Raise your arms straight above your head, with your fingers pointing toward the ceiling. Drop down a little further (if you can) hold for 5 seconds, and bring your arms down as your return to starting position. Repeat with your left leg. This completes 1 set, repeat 4 more times.
7. **5 Pistol Squats –** standing with feet shoulder width apart, stretch arms out in front of you at shoulder height, parallel to the floor. Raise your right leg, straight out in front of you, and squat down on your left, as far as you can. Hold for 5 seconds (if you can) and push back up. Repeat with left leg up and right leg squatting. This completes 1 rep, repeat 4 more times.
8. **Wall Sit –** against a wall drop into a seated position, arms should not rest on the wall or your knees. To challenge yourself, hold them straight out in front of you, or above your head. Hold for 1 minute.
9. **15 Calf Raises with a chair** – Stand facing the back of chair and lightly hold onto it with fingertips to aid balance. Legs should be shoulder-width apart and straight. Do not lock knees. When you EXHALE: Raise up on balls of feet, and hold for 2 seconds. Then INHALE, while doing so return to start position and repeat. Try not to let heels touch or rest on ground between repetitions unless necessary. To challenge yourself do it using only one foot at a time.