

Women's Lower Body Strength



This program is designed to strengthen and tone your lower body without adding muscle bulk. Begin with 12-15 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 15 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

Workout Option #1

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	29	Single Leg Squat			
	31	Calf Raise			
	30	Toe Out Squat			
	35	Jumping Squat			
	71	Lying Leg Curl with Crunch			
	33	Outer Hip & Thigh			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	34	Side Squat			
	28	Twisting Squat			
	35	Single Leg Jumping Squat			
	32	Hamstring Pull			
	37	Inner Thigh Pull			
	75	Core Extension			

*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

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