



## 6 Exercises for Summer Show Stopper Legs

Strengthen your legs and lean them up with this great workout. . .

By adding a few extra lower body exercises and a bit of cardio, you will be ready for summer. A warm-up is crucial to helping prevent injury, so jump on an elliptical, stair stepper and treadmill for 12-15 minutes – and to start it all off, after about 8 minutes, increase that incline or resistance level to start the lower body burn.

After warming up:

- 2 sets of 12 reps per leg of Reverse DB Lunges off of a 12-15” box
- 2 sets of 12 reps of DB Chair Squats – hold DB’s by side, put chair behind you and sit down onto chair and then stand back up without stopping to rest in chair
- 2 sets of 10 reps per leg of Single Leg Extensions
- 2 sets of 12 reps of Seated Hip Abduction & Seated Hip Adduction
- 2 sets of 10 reps per leg of Single Leg Curls
- 3 sets of 10 reps of Calve Raises (seated or standing – but heavy weight)

Complete the workout with a weight that is heavy and you can complete the repetitions, but where you probably could not do many more – as the weight becomes easier, be sure to increase the load before your next set. After you finish the first set of the first exercise, complete 45-60 seconds of cardiovascular activity, such as jumping jacks, jump rope, line hops, burpees or any other cardio activity.

Following the cardio activity, progress to either:

The second set of the exercise that you were completing and repeat throughout workout

OR

The first set of the next exercise and then repeat thru all the exercises for the first set before starting the second set

As you progress from week 1 to 2, 3 or 4 – consider increasing the number of reps by 2-4 extra reps. Then after 3-5 weeks, consider adding a third set to increase the workload.

Finally, when done don’t forget to finish with static stretching.