

# LOWER BODY PROGRAMME

EXERCISE	SETS	REPS	WEIGHT	DESCRIPTION
Treadmill (warm up)	1	/		Incline walk - pick a steady speed with minimal incline. Increase incline every 2 mins for a total duration of 10 mins
Lunges	3	10	Choose suitable weight for your experience	Complete all reps on both legs
Leg Curl	3	10		Lying flat on stomach, place legs on pad and pull heels towards your bum. Slowly lower back to start position and repeat
Leg Press	3	10,8,6		Increase weight as reps are reduced
Leg Extension	3	10		Place shins against pads and slowly raise legs towards the roof. Once straight, hold for 1-2 counts and slowly lower back down
Weighted Sit Ups	3	10		Bring the weight back behind the head and pull forward to assist with the sit up