

# LEGS, GLUTES, ABS

2 sets of 20 repetitions on each exercise

Choose a weight that is difficult (burning a little) around 17 or 18 reps  
The goal is to improve muscular endurance, and to tone/shape the muscles



## Exercise 1 Leg Press

- Glutes, Thighs
- Push until knees are fully extended, but don't lock out legs
- Lower the weight slowly back to start
- Push through heels



## Exercise 2 Glute Ext.

- Glutes, Thighs
- Kick back your leg until knee is straight, hip is extended
- Move the weight in a slow and controlled manner



## Exercise 3 Leg Ext.

- Quadriceps
- Extend knees until legs are straight, feel a squeeze in your thighs
- Keep toes pulled toward your shin



## Exercise 4 Lying Leg Curl

- Hamstrings
- Flex/bend your knees until heels come close to your glutes
- Keep toes pulled toward shins, lower slowly



## Exercise 5 Outer Thigh

- Outer thigh, glute medius
- Stay in contact with back, butt, and knee pads
- Focus on a full range of motion



## Exercise 6 Inner Thigh

- Inner thigh, adductors
- Stay in contact with back, butt, and knee pads
- Focus on a full range of motion



## Exercise 7 Abdominal (Crunch)

- Abs
- Use abs (not hip flexors) to flex/bend your spine
- Exhale as you crunch



## Exercise 8 Rotary Torso

- Obliques
- Focus on a full range of motion, squeezing at the end of the rotation
- Make sure to work both directions