Lower Body Exercises

1. **Static Lunges**: Great for hips, glutes (butt) and thighs
   - Stand with the right foot forward, left foot back.
   - Bend the knees to lower the body straight down towards the floor.
   - Push through the front heel and back to starting position.
   - Do 1-3 sets of 8-16 reps, according to your fitness level and goals.
   For beginners, you can hold onto a chair or wall for balance. To make it more challenging, hold weights in your hands.

2. **Split Squats**: a variant on lunges, using a step or any sort of platform about a foot high. This one can be tough on balance.
   - Stand about 3 feet in front of a step or platform and place the left leg on the platform.
   - When you have your balance, bend both knees and lower down into a lunge.
   - Stand up and repeat for 10-16 reps before switching sides.

3. **Low Lunge**: this is an intense exercise for the thighs, using a small movement.
   - Stand with one foot 2-3 feet in front of the other.
   - Bend your knees, going almost all the way to the floor. Then lift up about halfway (important – *not* all the way up).
   - Lower back down and repeat for 1-3 sets of 10-16 reps.

4. **Leg Lifts**: a common exercise for the glutes and the outer thighs and a great way to strengthen the muscles supporting the knee.
   - Hold onto a wall or chair for balance if needed.
   - Shift your weight to the right leg and lift the left leg straight out the side.
   - Lower the leg without resting it on the floor and repeat for 1-3 sets of 12-16 reps on each leg.

5. **Bent-Over Leg Lifts**: works the hips, glutes and thighs of both legs. The abs and back are involved as well because you're in a bent over position.
   - Place hands behind the back and tip forward until back is parallel to the.
   - Take left leg out to the side.
   - Squat with the right leg while simultaneously lifting the left leg a few inches off the ground in a leg lift.
   - Bring the left toe back to the floor and straighten the right leg, repeating for 8-16 reps before switching sides.