

## 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.