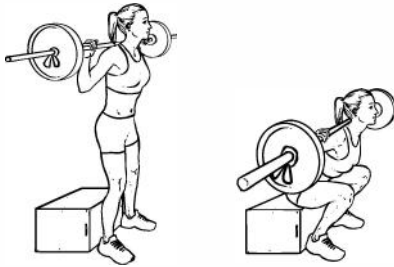


The Workout L. A. B. (Legs Abs Butt)

54 min · Abs, Legs

Grab your water and a towel, you're going to need both. Take great care to focus on your form with every movement, especially with those that include weights!

Barbell Box Squats

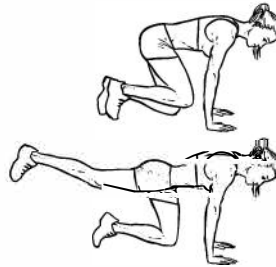


1:00
rest

4 sets 12 reps 60 sec rest

Make sure not to take a seat, we're not here to get comfortable! Only allow your butt to slightly touch the box.

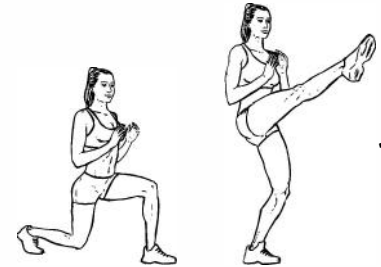
Donkey Kicks



100 reps

50 reps per leg, alternate between left and right and rest whenever you feel necessary!

Lunge Front Kicks



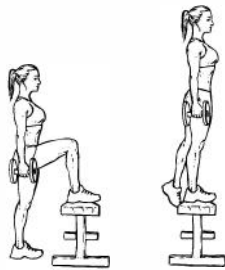
1:00
rest

1:00
rest

3 sets 16 reps 60 sec rest

Go for 8 big lunge kicks per leg per set. Preferably not directly in front of another gym member.

Dumbbell Step-Ups



1:00
rest

3 sets 16 reps 60 sec rest

Step up 8 times per leg per set... oh the burn! You'll be a great stair climber in the near future.

Barbell Hip Thrusts

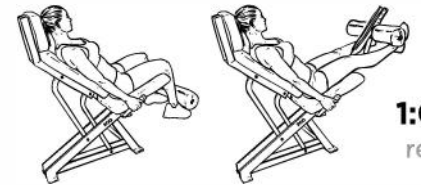


1:00
rest

3 sets 12 reps 60 sec rest

Use a lighter weight here and aim to create a straight line from knee through pelvis to upper back.

Seated Machine Leg Extensions



1:00
rest

1:00
rest

2 sets 20 reps 60 sec rest

Go for 20 reps on a light weight, execute these reps slightly faster than usual! You're so close to the end!

Bosu Ball Leg Pull-ins

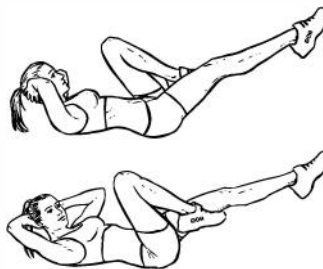


0:45
rest

3 sets 16 reps 45 sec rest

Keep yourself steady and pull those knees into your chest. Breathe in with each contraction.

Bicycles

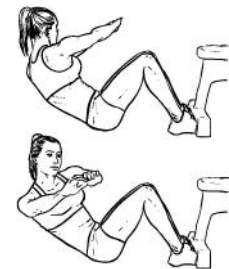


0:45
rest

2 sets 40 reps 45 sec rest

20 reps per side per set, you're the Don!

Russian Twists



0:45
rest

3 sets 16 reps 45 sec rest

More twists; really flex those abs here, it's the final exercise!

Disclaimer: If at any time you feel you are exercising beyond your current fitness abilities or feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately and consult your medical professional.

Barbell Box Squats

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

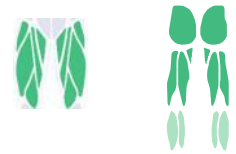
Secondary:

Calves

Begin by positioning a barbell at or just below shoulder level in the squat rack. Behind the squat rack, place a tall wooden box or chair. Place yourself underneath the barbell. Make sure the bar is across your upper traps and NOT on your neck.

Place your feet outside of shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend at the knees as you drive your hips back. Lower yourself slowly until your butt touches the box. Pause then drive your hips forward to return to the starting position.



Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



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Lunge / Front Kicks

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

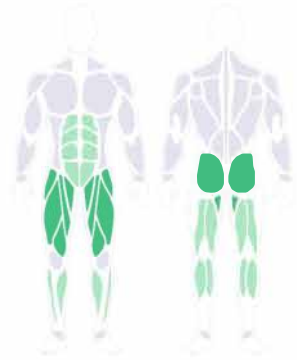
Secondary:

Abs, Calves, Hamstrings

Stand straight up with a tight core and flat back. Keep your gaze focused straight ahead as you step back with your right leg.

As you step forward into the starting position, launch the right leg into a front kick. Use the left side hand to touch your toe, if you are able to.

Return your right leg to the starting position. Repeat on other side. Keep alternating until you complete the set.



Dumbbell Step-Ups

Primary muscle group(s):

Hamstrings, Quadriceps

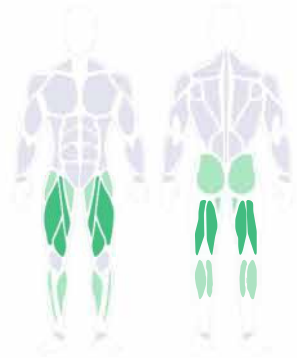
Secondary:

Calves, Glutes & Hip Flexors

Place a bench in front of you. Hold a pair of dumbbells and stand facing the bench. Brace your core and keep your gaze straight ahead.

Bring your right knee up and step up on to the bench. Placing all of the effort in your right leg, bring your body up into a standing position on the bench.

Slowly lower yourself to the starting position and switch legs.



Barbell Hip Thrusts

Primary muscle group(s):

Glutes & Hip Flexors

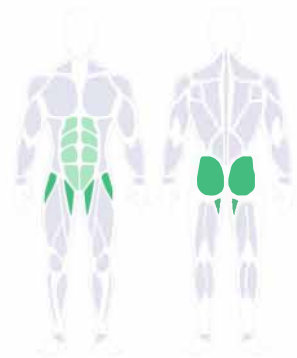
Secondary:

Abs

Sit on a padded surface with your legs out in front of you and the knees bent. Make sure your back is against a secured bench. Lay a barbell across your lap.

Focusing the tension in the glutes, raise your hips skyward, moving the bar up with you.

Pause when you feel the contraction in your glutes then slowly lower yourself to the starting position.



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Seated Machine Leg Extensions

Primary muscle group(s):

Quadriceps

Sit on a leg extension machine and place your legs under the pad with your feet pointed forward. The pad should rest on your shins just above your feet and you will need to adjust it to suit.

Grip the hand bars (if fitted) firmly. This is the start position.

Using only your quadriceps, fully extend your legs exhaling as you do so. Hold for a count of one.

Return to the start position in a smooth movement as you inhale,.

The angle at your knee should not go past 90-degrees.

Repeat.

! This exercise can be performed one leg at a time.



Bosu Ball Leg Pull-in / Knee Tucks

Primary muscle group(s):

Abs, Obliques

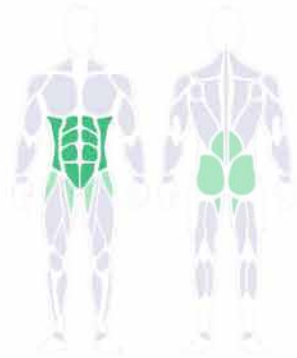
Secondary:

Glutes & Hip Flexors, Lower Back

Place a BOSU Ball on the ground with the blue rubber side facing up. Carefully, sit yourself in the middle of the BOSU Ball and place your hands by your side for balance. Bring your knees towards your chest and hold this position.

Slowly, extend your legs out while keeping a slight bend in your knees. Simultaneously, lean back while focusing the contraction on your core. Keep your balance with your elbows and forearms. Pause, hold the contraction, then return to the starting position.

Repeat.



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Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):

Abs, Obliques

Secondary:

Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor..

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

! Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.



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Rongoā Kākāriki
GREEN
PRESCRIPTION

Active
FOR LIFE

HARBOUR
SPORT

Russian / Mason / V-Sit Twists

Primary muscle group(s):

Abs

Secondary:

Lower Back

Lie on an exercise mat and place your feet under something that will not move or ask a spotter hold them down for you. Keep your knees bent.

Raise your upper body from the mat to form V-shape with your thighs.

Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.

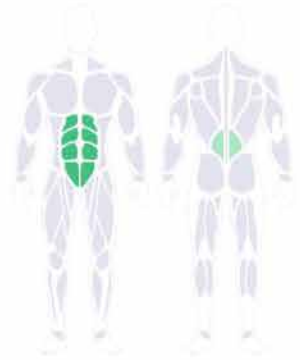
In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.

Return to the start position while breathing out.

Repeat the movement, this time to the left side of your body.

Repeat.

⚠ As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.



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