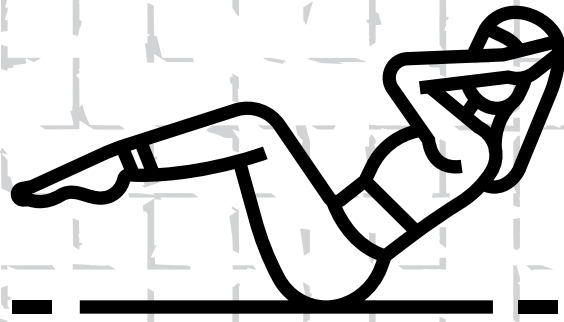


WEEK 4



LOWER BODY BLAST

Rongoā Kākāriki

GREEN
PRESCRIPTION

Lower Body Blast

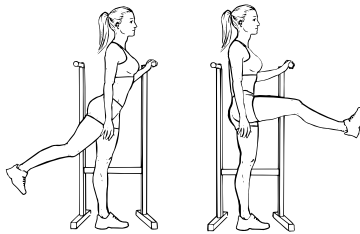
39 min · Abs, Back, Legs



K.V.

Leg day has arrived, can you believe you're halfway through week 4! Habits have set, you're ready to finish out this plan and reap all rewards that come with it! Don't forget to warm up!

Forward Leg Hip Swings

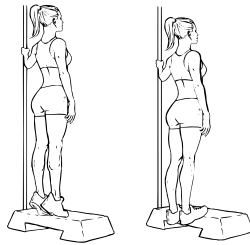


0:30 rest

2 sets 30 secs

Hold on to something stable here. I personally hold on to a door, or cactus.

Bodyweight Calf Raises

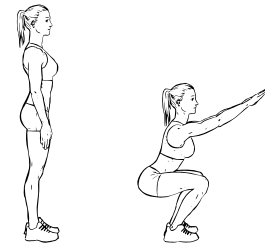


0:30 rest

3 sets 12 reps 30 sec rest

With every tip-toe, flex those calf muscles.

Air Squats

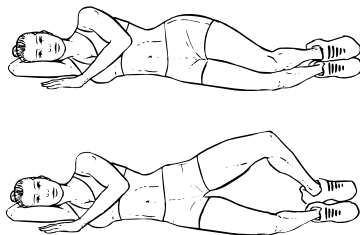


0:30 rest

3 sets 12 reps 45 sec rest

Don't let your knees move over your toe line.

Clamshells

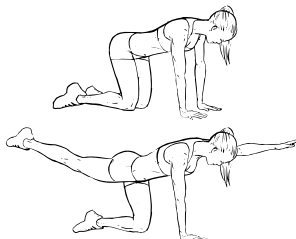


0:30 rest

4 sets 12 reps 30 sec rest

Take less rest time if necessary.

Bird Dogs

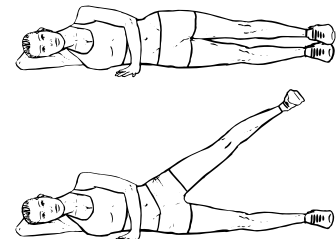


0:30 rest

3 sets 24 reps 45 sec rest

Find your balance and rep out these bird dogs. You're at the mid point of the day!

Lying Side Leg Lifts

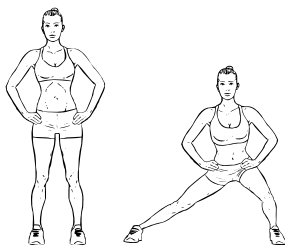


0:30 rest

4 sets 12 reps 30 sec rest

Again, take less rest time if you can!

Lateral Lunges

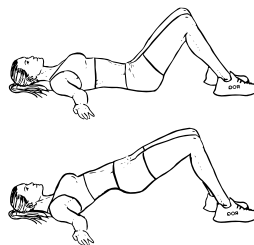


0:30 rest

3 sets 20 reps 60 sec rest

Hit 10 reps per leg!

Hip Raises

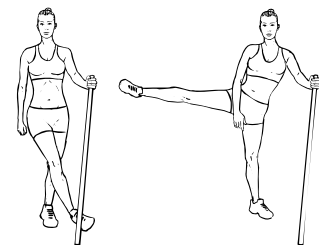


0:30 rest

3 sets 14 reps 45 sec rest

Are these all becoming too easy for you?

Side Lateral Leg Swings



2 sets 30 secs

Our final exercise of the day, time for some fruit and much deserved rest.

Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

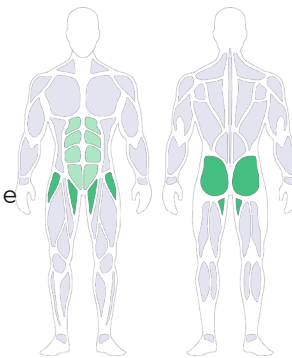
Abs

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg – actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



Bodyweight Calf Raises

Primary muscle group(s):

Calves

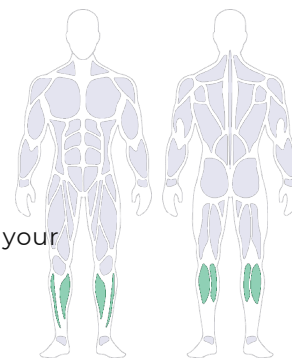
Stand straight with a tight core and flat back.

Keep your hands at your sides or hold on to a wall for balance.

Bring your feet to be hip distance apart.

Focusing the tension in your calf muscles, slowly raise yourself up on to the balls of your feet.

Pause at the top of the movement and slowly return to the starting position.



Air Squats

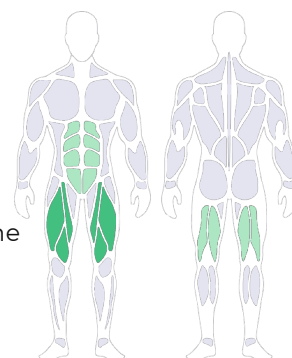
Quadriceps

, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Clamshells / Clams

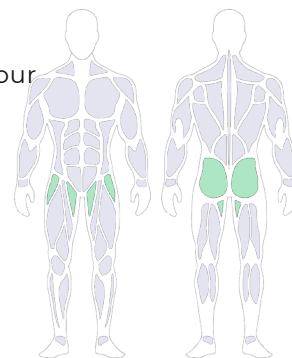
Secondary:

Glutes & Hip Flexors

On a mat or comfortable surface, lie on your left side. Place your left hand behind your head while placing your right hand across your body.

Bend your stacked knees so that your feet are behind you. Begin the movement by lifting the right knee up while keeping the feet together.

Pause at the top of the movement and slowly lower your right knee down to the starting position.



Bird Dogs / Alternating Reach & Kickbacks

Abs, Lower Back

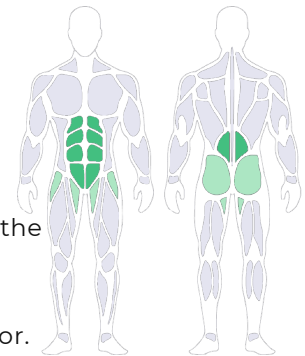
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

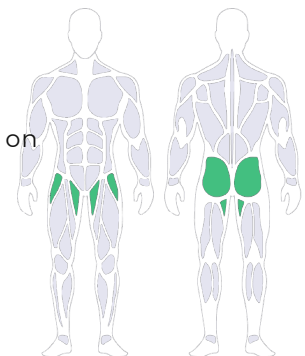
Glutes & Hip Flexors

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



Bodyweight Side Steps / Lateral Lunges

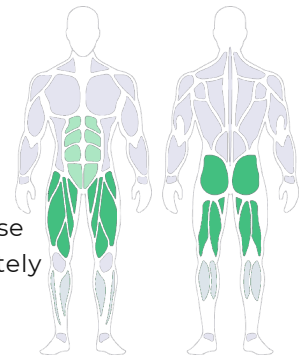
, Hamstrings, Quadriceps

Calves

with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

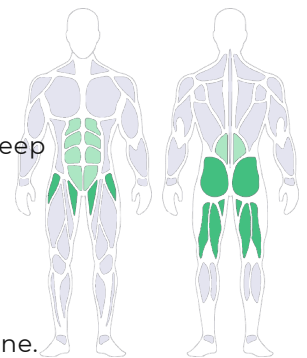
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through your heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Side Lateral Leg / Hip Swings

Stand tall holding onto a pole or stationary object for support.

Engage your abs as you swing your one leg as far out in front of you and then back behind you as you comfortably can.

Switch sides once you have completed repetitions on the first leg.

