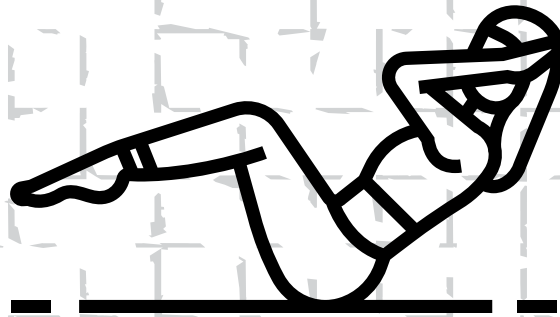


WEEK 6



# LOWER BODY BLAST

Rongoā Kākāriki

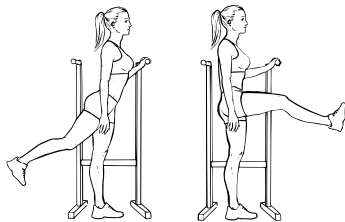
**GREEN**  
PRESCRIPTION

# Lower Body Blast

45 min · Abs, Back, Legs

Are you ready for what's to come? Today will be a leg day like no other. We're going to travel to the next level in regards to leg days. Make sure to warm up before starting, you'll certainly need it!

## Forward Leg Hip Swings

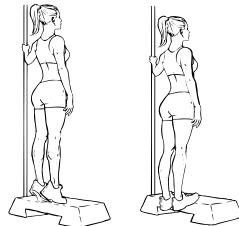


0:30  
rest

2 sets 30 secs

Loosen up, we're going 4 sets today!

## Bodyweight Calf Raises

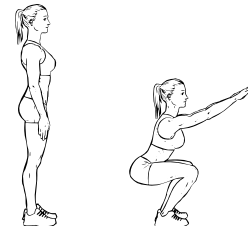


0:30  
rest

4 sets 12 reps 30 sec rest

Hold each extension for 1 second, before lowering.

## Air Squats

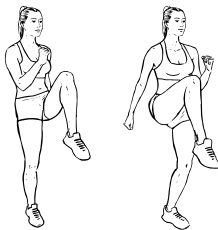


0:30  
rest

4 sets 12 reps 45 sec rest

Remember, your back should be at the same angle as your legs as you descend.

## High Knees

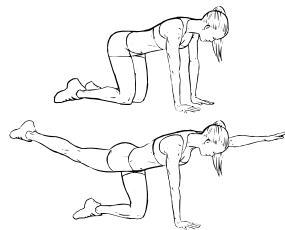


0:30  
rest

3 sets 32 reps 30 sec rest

We're mixing things up with some high knees! Get those knees up 16 times per leg per set.

## Bird Dogs

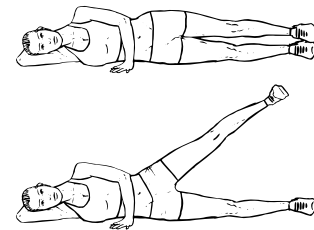


0:30  
rest

4 sets 24 reps 45 sec rest

Don't worry, we'll get through this, together!

## Lying Side Leg Lifts

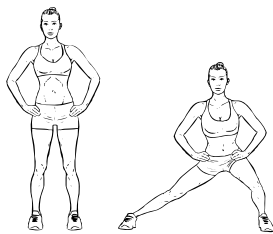


0:30  
rest

4 sets 12 reps 20 sec rest

Only 20 seconds of resting between sets please!

## Lateral Lunges

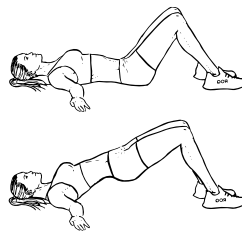


0:30  
rest

4 sets 20 reps 60 sec rest

Leg day has almost ended! How are you feeling? On top of the world I'd expect!

## Hip Raises

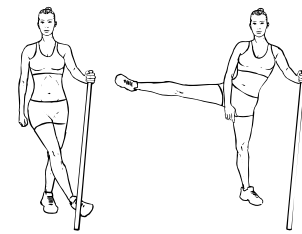


0:30  
rest

50 reps

50 reps, to be completed as fast as you can! Rest when necessary, go go go!

## Side Lateral Leg Swings



2 sets 30 secs

Your final swing. Spend additional time if necessary!

## Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

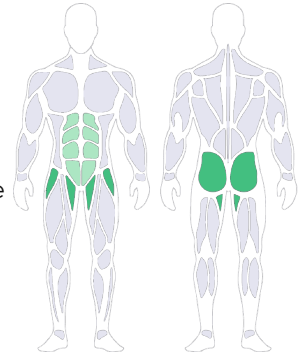
Abs

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

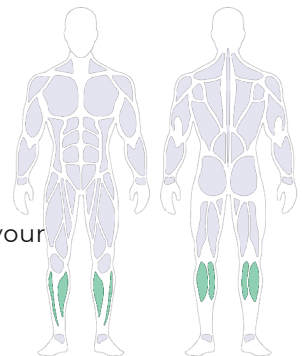
Stand straight with a tight core and flat back.

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

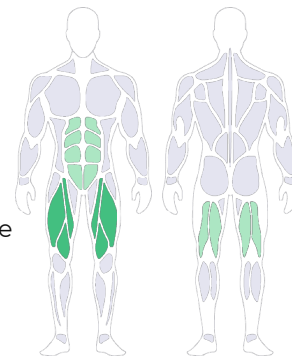
Quadriceps

, 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.



## High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

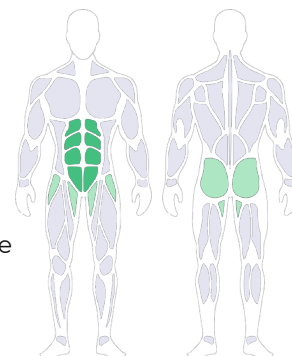
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



## Bird Dogs / Alternating Reach & Kickbacks

Abs, Lower Back

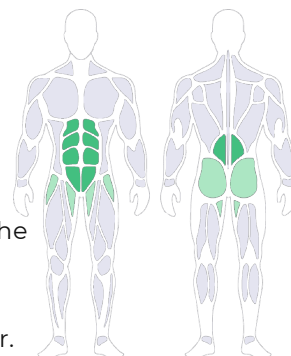
Glutes & Hip Flexors

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):

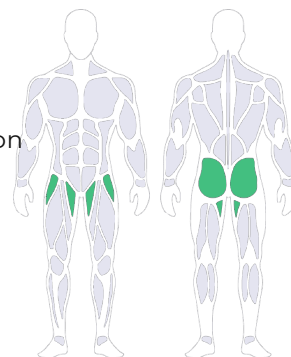
Glutes & Hip Flexors

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

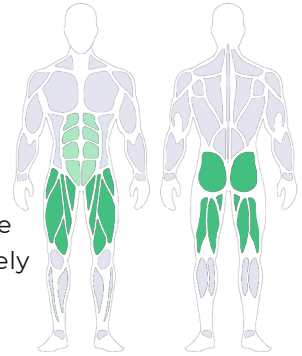
, Hamstrings, Quadriceps

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.

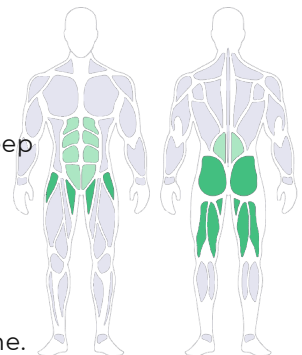
Place your hands out to your sides palms flat for stability.

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.

