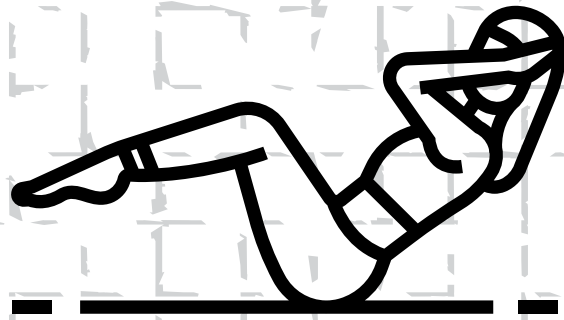


WEEK 5



LOWER BODY BLAST

Rongoā Kākāriki

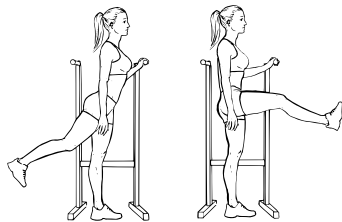
GREEN
PRESCRIPTION

Lower Body Blast

45 min · Abs, Back, Legs

I hope your legs are ready for this lower body blast! We're changing up a few exercises here, just to give you a big challenge on your legs. Though, is anything a challenge for you nowadays? Show us

Forward Leg Hip Swings

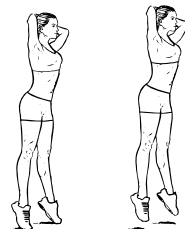


0:30
rest

2 sets 30 secs

Take your time to open up your hips.

Jumping Calf Press

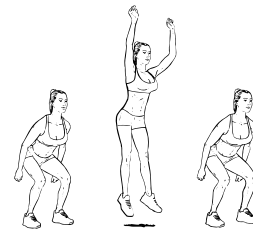


0:30
rest

3 sets 16 reps 45 sec rest

Try to push your body directly upward as high as you can go. Your own private ballet!

Side to Side Jump Squats

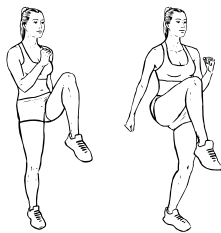


0:30
rest

3 sets 10 reps 45 sec rest

Side to side squat jumps are always a nice way to get those legs working double time!

High Knees

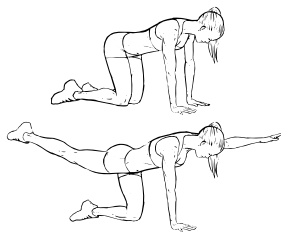


0:30
rest

3 sets 32 reps 30 sec rest

Push through this one, it's a breeze.

Bird Dogs

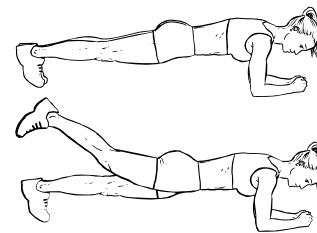


0:30
rest

4 sets 12 reps 45 sec rest

Half way through leg day! How are you feeling?

Plank Leg Lifts

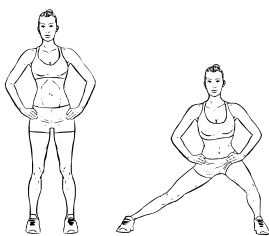


0:30
rest

3 sets 25 secs 45 sec rest

We've moved on to plank leg lifts! Continuously alternate legs throughout the full 25 seconds.

Lateral Lunges

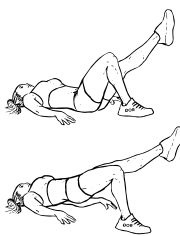


0:30
rest

4 sets 20 reps 60 sec rest

Keeping it real here.

Single Leg Hip Raises

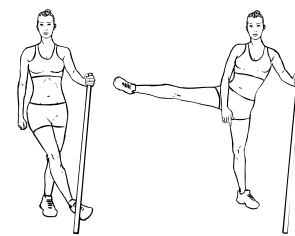


0:30
rest

6 sets 12 reps 30 sec rest

3 sets per leg on this one, look at you go!

Side Lateral Leg Swings



2 sets 30 secs

And we have done it! Leg day out of the way! A huge siesta awaits.

Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

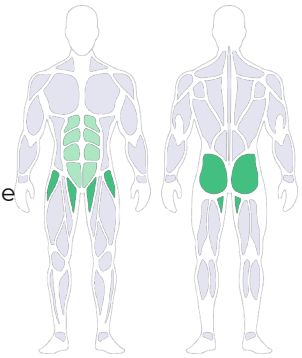
Abs

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.



Jumping Calf Presses / Raises

Primary muscle group(s):

Calves

Stand up straight with your hands at your sides.

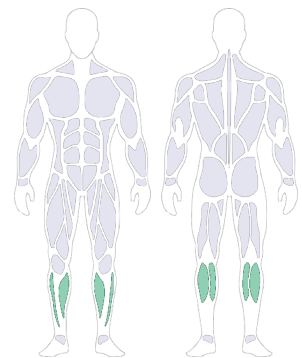
Keep your back straight and your core tight.

Forcefully press off the ground with the balls of both feet.

Launch into the air and land softly on the balls of your feet.

Focus the tension in the calf muscles, NOT the quadriceps.

Repeat.



Side to Side Jump Squats

Quadriceps

Calves, Hamstrings

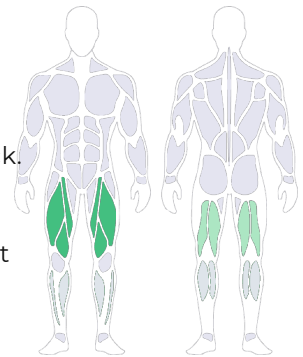
Place your feet shoulder-width apart. Bend at the knees while driving your hips back.

Keep your chest up and your core tight.

Remain in a squat stance as you forcefully push off the ground, jumping to the right side.

Check your form then repeat, jumping to the other side.

Keep alternating between sides.



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

Primary muscle group(s):

Abs

Secondary:

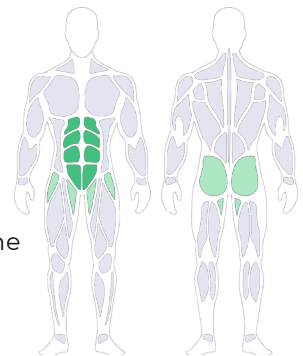
Glutes & Hip Flexors

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

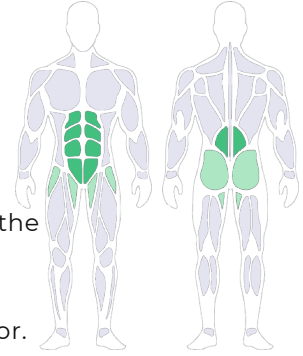
Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

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.



Plank Leg Lifts

Primary muscle group(s):

Abs

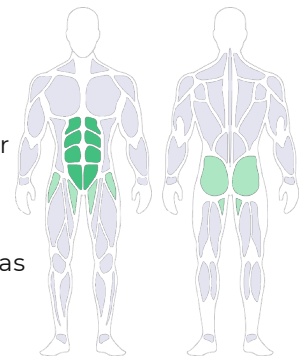
Secondary:

Glutes & Hip Flexors

Lie on a mat and position yourself in a plank position. Place your elbows on the floor beneath your shoulders. Your toes should touch the floor and your torso should be lifted in a straight line.

Engage your core muscles and lift one foot off the floor. Keep the rest of your body as still as you can. Your heel should lift until it is in line with your buttocks.

Slowly lower the leg to the starting position and repeat with the other leg.



Bodyweight Side Steps / Lateral Lunges

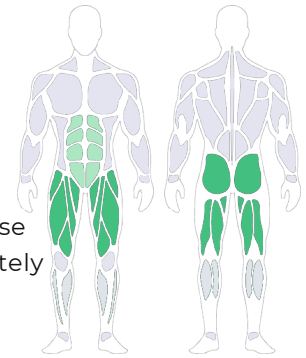
, Hamstrings, Quadriceps

, 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.



Single Leg Hip Raises / Glute Bridges / Hip Extensions with Leg Lift

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

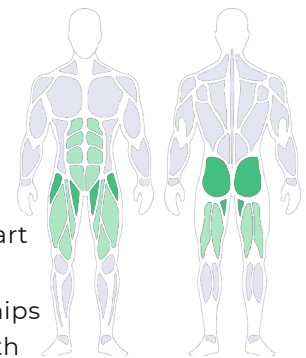
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

Raise one leg off the floor and bend your knee up towards your chest. This is the start position.

Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.

Return to the start position by lowering your hip to the floor.

Complete all the repetitions for one set before changing legs.



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.

