

Name: _____

Period: _____

LOWER BODY WORKOUT

Exercises		Date	Fill in <u>Reps</u> and <u>Weight</u> completed in each set.										
			1		2		3		1		2		3
Quadriceps	1. Squats												
	2. Leg Presses												
	3. Leg Extensions												
	4. Choice:												
Hamstrings	1. Dumbbell Lunges												
	2. Leg Curl												
	3. Good Mornings/S.L. Deadlift												
	4. Choice:												
CALVES	1. Straight angle Calf Raises												
	2. Angle IN Calf Raises												
	3. Angle OUT Calf Raises												
	4. Standing Heel Raises												
ABS	1. Planks-All 3 sides (1 min)												
	2. Med. Ball Twist (4 x 25)												
	3. Incline Ab Crunches												
	4. Choice												
Agilities	1. Single/Dbl. Box Jumps												
	2. In/out line hops												
	3. Scissors line hops												
	4 Choice												

For "CHOICE": choose an exercise from SAME muscle group and write in name of the exercise.

Sets and Reps Ideas: (3 sets of 10 reps), (3 sets of 8 reps), (3 sets of 12 reps), (3 sets of 12, 8 , 10), (3 sets of 8, 6, 4).