SheADVantage

Gym Program Lower Body - Part 2 for 6 weeks

	Body Part	Exercise	Set/Reps	Time	Week 4	Week 5	Week 6
Warm-Up	All	Rowing Machine, Bike, Treadmill, Elliptcal	NA	5-10 min.	Half way through Part 2. Check your weights, increase as needed. For cardio, check your HR, make sure you are in the "zone!"	Reminder, the last couple of reps should be fairly hard to finish with good form.	Congratulations! You have reached the last week of Part 2 of your program! Job well done. Keep the focus.
Strengthening	Legs, Adductors & Abductors	Smith Machine Leg Press	3 x 12	30-40 minutes			
		Cable Adduction	3 x 12				
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		Walk Sits	3 x 12				
		Theraball Hamstring Press	3 x 12				
		Calf Raises	3 x 12				
	Trunk (Abs & Lower Back)	Lower Back Extensions	3 x 12				
		Seated Bicycles	25				
		Reverse Bicycles	25				
		Seated Crunchy Frogs	25				
		Fifer Scissors	25				
		Pulse Ups (Heals to Heaven)	25				
		Leg Climbs	25				
		Oblique V-Ups	25				
		Planks	25				
Endurance	Cardio	Stationary Bike	Choose one or mix it up.	At least, 80% of Max Heart Rate 20-30 Min.			
		Stair Climber					
		Eliptical					
		Aerobic Class					
		Outdoor: Hike, Jog					
		Mountain Biking					
Flexibility	Full Body	Quadraceps	Minimum Hold Times - 30 sec	10-15 Min.	Stretching helps your mind! Even 10-15 minutes of stretching calms the mind and gives your body a chance to recharge. Classes like yoga or Pilates offer you a chance to spend time releasing physical and mental tension and should be considered at least once a week.		
		Hamstrings					
		Psoas					
		Calves					
		Lower Back					
		Chest					
		Arms					

Leg days are a great time to increase your focus on your truck area (abs and lower back). Leg days are also a great time to increase your cardio time to 30-60 minutes 1-2 x per week. In doing so, you can decrease your intensity to 70-75% on longer cardio sessions . But if you choose to stay with 20-30 minute sessions, push the intensity! You should have your heart rate (HR) between 80-85% for at least 20-30 minutes.