



SheADVantage

Home Program Lower Body - Part 2 for 6 weeks



	Body Part	Exercise	Set/Reps	Time	Week 1	Week 2	Week 3													
Warm-Up	All	Rowing Machine, Bike, Treadmill, Elliptical	NA	5-10 min.	Pick up your intensity, but continue to have controlled movements. Working full range of motion. HR 80-85% MHR.	Remender, the last couple of reps should be fairly hard to finish with good form.	Pat yourself on the back, you're doing great! For cardio, check your HR, make sure you are in the "zone!"													
Strengthening	Legs, Adductors & Abductors	Dead Lift	3 x 12	30-40 minutes																
		Quick Kicks	3 x 12																	
		Hip External Rotation	3 x 12																	
		Walk Sits	3 x 12																	
		Exercise Ball Hamstring Press	3 x 12																	
		Squat w/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 Stair Climber Elliptical Aerobic Class Outdoor: Hike, Jog Mountain Biking	Choose one or mix it up.	20-30 Min. At least, 80% of Max Heart Rate																
Flexibility	Full Body	Quadriceps Hamstrings Psoas Calves Lower Back Chest Arms	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.															

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.