



Legs And Abs Home Workout



Materials needed: a mat & your body, if you are advanced some extra weight 😊

Exercise	Technique	Reps	Sets	Break
Lunges	Step forward and slowly lower your body until your front thigh is parallel with the ground and your lower leg is leaning slightly forward. Hips should be moving primarily downward. Avoid wobbling and driving hips forward. Keep slight forward bend at hips and maintain straight back. To return to standing, push off by activating your “thigh and butt muscles” to return to an upright standing position.	15	2	45”
Donkey Kicks	Get on all fours so that your hands are shoulder width apart and your knees are straight below your hips. Bracing your abdominals and keeping your knee bent lift one leg up behind you until it is in line with your body and your foot is parallel to the ceiling. Don’t forget to switch legs.	15	2	45”
Butt Lifts	Lie flat on the floor on your back with the hands by your side and your knees bent. Your feet should be placed around shoulder width. This will be your starting position. Pushing mainly with your heels, lift your hips off the floor while keeping your back straight. Breathe out as you perform this part of the motion and hold at the top for a second. Slowly go back to the starting position as you breathe in.	15	2	45”

<i>Sumo Squats</i>	Stand with feet wider than shoulder-width apart and your toes slightly turned out. You can hold a dumbbell in each hand in front of your hips. Push your hips back and squat down, keeping your chest up and knees out. Bring the weights down to the floor in between your legs. Then stand back up to starting position.	15	2	45"
<i>Heel Touches</i>	Lie on the floor with the knees bent and the feet on the floor around 18-24 inches apart. Your arms should be extended by your side. This will be your starting position. Crunch over your torso forward and up about 3-4 inches to the right side and touch your right heel as you hold the contraction for a second. Exhale while performing this movement. Now go back slowly to the starting position as you inhale. Now crunch over your torso forward and up around 3-4 inches to the left side and touch your left heel as you hold the contraction for a second. Exhale while performing this movement and then go back to the starting position as you inhale. Now that both heels have been touched, that is considered 1 repetition.	15	2	45"
<i>Side Plank</i>	Lie on your right side, in a straight line from head to feet, resting on your forearm. Your elbow should be directly under your shoulder. With your abdominals gently contracted, lift your hips off the floor, maintaining the line. Keep your hips square and your neck in line with your spine.	15	2	45"

<i>Abs Twister</i>	Sit on a mat or other flat surface, with your knees slightly bent. Lean back while keeping your head and hips still. Exhale and reach across your body to the right, swinging your left hand. Go as far as your normal range of motion allows. Inhale, and return back to center. Repeat, to the other side. Return to starting position, this is one rep. Try do to it as fast as possible.	15	2	45"
<i>Leg Raises</i>	Lie flat on the floor (on a mat) place your arms under your butt with your palms facing down. Make sure that your head, legs and bottom are all in contact with the floor. Engage your stomach muscles and grasp the sides. Slowly lift your legs to a 90-degree angle, keeping your legs straight and not bending at the knees. Pause for a second then slowly lower the legs back down.	15	2	45"
<i>Crunches</i>	Begin flat on your back with your knees bent and the heels of your feet only a few inches from your buttocks. Bring your hands to your temples with palms out, and elbows out from the body at about thirty to forty-five degrees. While exhaling, bring your shoulder blades off the ground fairly quickly, until you feel an intense pressure in the rectus abdominus muscles. Hold for a one to two second count, then slowly release, beginning the next repetition when the head and shoulders are just about to touch the ground. When you are more advanced you can raise your legs in the air.	15	2	45"