





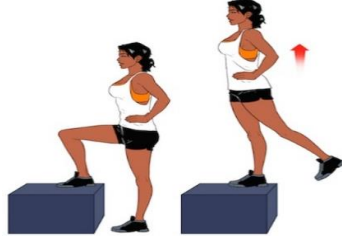


**HOME EXERCISE PRGOGRAMME**

Trainer name:	Benine
Workout:	Leg Workout 1



WARM-UP		
Mobilization	3min	 <p>5 step left and 5 steps right</p>  <p>10 reps</p>  <p>5 left leg and 5 right leg</p>  <p>5 left leg and 5 right leg</p>  <p>10 reps</p>
Glute Activation with band		

WORKOUT		
Repeat each combo 3 times. Try to do the 2 exercises after each other and then take a rest before you do the second set.		
COMBO 1		
EXERCISE	REPS	NOTES/ILLUSTRATION
Dumbbell Squat 6kg Dumbbells	15	
Step up with hip extension 6kg Dumbbells	10 (left and right)	 <p>Hold dumbbells on your side.</p>

**COMBO 2**

Dumbbell Sumo Squat 6kg Dumbbells	12	
Step Up with hip abduction 6kg Dumbbells	10 (left and right)	

**COMBO 3**

Dumbbell Deadlift 6kg Dumbbells	10	
Elevated Split Lunge 6kg Dumbbells	10 (left and right)	

**COMBO 4**

Kettlebell Goblet Squat 10kg Kettlebell	10	
Side to Side - Side Lunge 10kg Kettlebell	12	 <p>Just move side to side don't step in.</p>

**COMBO 5**

Weighted Hip Bridge  
6kg Dumbbell

15


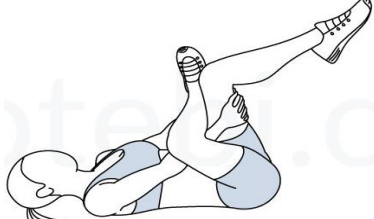






Weighted Donkey Kick Back  
6kg Dumbbell

10 (left and right)



## STERTCHES

<p>Hug one knee to chest</p>	<p>Hold 20sec (left and right)</p>	
<p>Laying Glute Stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Laying Hamstring Stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Buttefly Stretch</p>	<p>Hold 20sec</p>	
<p>Chest Stretch</p>	<p>Hold 20sec</p>	
<p>Back Stetch</p>	<p>Hold 20sec</p>	
<p>Shoulder stertch</p>	<p>Hold 20sec</p>	