

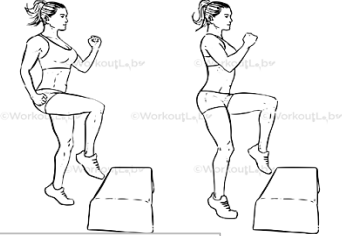



HOME EXERCISE PRGOGRAMME

| | |
|---------------|---------------|
| Trainer name: | Benine |
| Workout: | Leg Workout 2 |



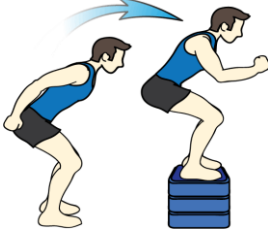
| WARM-UP | | |
|--------------|------|---|
| Mobilization | 3min |   <p>Knee ups - 10 right leg, 10 left leg</p> <p>Jog up and down - 10 left, 10 right</p>  <p>Taps - 20</p>  <p>Side ways hop over - 20</p> |
| Step warm-up | | |

WORKOUT




SECTION 1

Repeat each combo 3 times. Try to do the 3 exercises after each other and then take a rest before you do the second set.

COMBO 1

| EXERCISE | REPS | NOTES/ILLUSTRATION |
|---|---------------------|---|
| Alternating Back Lunge 6kg Dumbbells | 20 |  <p>Hold Dumbbells on your side.</p> |
| One Leg Squat 6kg Dumbbells | 10 (left and right) |  <p>Hold both weights or 1 if you struggle with balance.</p> |
| Box Jump | 10 |  |



COMBO 2

| | | |
|--|---------------------|--|
| Alternating Curtsy Lunges 6kg Dumbbells | 20 |  |
| One leg deadlift 6kg Dumbbells | 10 (left and right) |  |
| Side Ways hop up step | 10 |  |



SECTION 2

Repeat each combo 2 times. Try to do the 2 exercises after each other and then take a rest before you do the second set.

COMBO 1




| | | |
|---------------------------------------|----|--|
| Dumbbell Calf Raises 6kg Dumbbells | 15 |  |
| Kettlebell Swings 10kg Kettlebell | 10 |  |

COMBO 2








| | | |
|--|---------------------|---|
| One leg Calf Raises on step 6kg Dumbbells | 10 (left and right) |  <p style="text-align: center;">Hold one dumbbell and other hand on the wall for balance.</p> |
| Double Pulse Sumo Squat 10kg Kettlebell | 15 |  <p style="text-align: center;">Add a pulse at the bottom.</p> |

SECTION 3 - Mat work with band

Repeat this section twice for each side.

| | | |
|------------------------------|---------------------|--|
| Side Laying leg lift | 10 (left and Right) |  |
| Hip extension while on tummy | 10 (right and left) | <p style="text-align: center;">banded hop taps 15 reps x 3 rounds</p>  |
| Clam Shell | 10 (right and left) |  |

STERTCHES

| | | |
|----------------------------------|--------------------------------|--|
| Laying Twist Stretch | Hold 20sec (left and right) |  |
| Hug both knees to chest | Hold 20sec |  |
| Reach for toes | Hold 20sec |  |
| Reach for toes with one leg out. | Hold 20sec (left and right) |  |
| Seated Twist Stretch | Hold 20sec (left and right) |  |
| Back Stetch | Hold 20sec |  |
| Chest Stretch | Hold 20sec |  |