





**HOME EXERCISE PRGOGRAMME**



Trainer name:	Benine
Workout:	Leg Workout 3

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      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
Kettlebell Squat with side leg squeeze out 10kg Kettlebell	12	 <p>Squat then left leg out. Then squat and take right leg out. Hold kettlebell in the middle.</p>
Back Lunge with knee drive 6kg Dumbbells	10 (left and right)	 <p>Hold dumbbells on your side.</p>

### COMBO 2

Kettlebell Narrow Squat with leg squeeze back 10kg Kettlebell	12	 <p>Squat then left leg out. Then squat and take right leg out. Hold kettlebell in front.</p>
Side lunge and step in. 6kg Dumbbells	10 (right and left)	

### COMBO 3

Walking Lunges 6kg Dumbbells	20 Alternating Steps	 <p>Hold dumbbells on your side.</p>
Jump Squat	10	

### COMBO 4

Walking Side Step Squat  
10kg Kettlebell

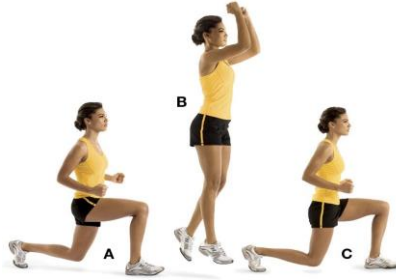
20 Steps



You can do 5 to the right and then 5 to the left followed by another 5 right and 5 left. Hold kettlebell in the middle as you squat.

Jump Lunges

10



### COMBO 5

6kg Dumbbells

12


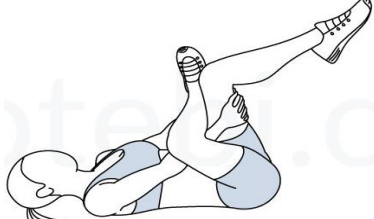






Side Leg lift on all fours with  
band

10 (right and left)



## 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>	