

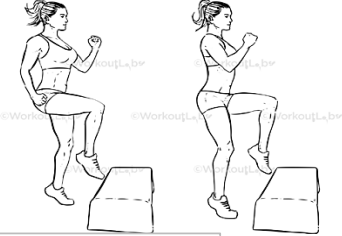



HOME EXERCISE PRGOGRAMME

Trainer name:	Benine
Workout:	Leg Workout 4


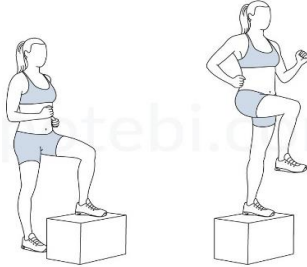
WARM-UP		
Mobilization	3min	  <p>Knee ups - 10 right leg, 10 left leg</p> <p>Jog up and down - 10 left, 10 right</p>  <p>Taps - 20</p>  <p>Side ways hop over - 20</p>
Step warm-up		

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
Up Down Lunge with Glute Squeeze 6kg Dumbbells	10 (right and left)	
Step up with knee drive 6kg Dumbbells	10 (right and left)	 Hold dumbbells on your side.




COMBO 2

Squat to calf raise 6kg Dumbbells	15	
Alternating Lunge Back off step 6kg Dumbbells	20 (count on each leg)	




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

<p>Complete lunge down and get up 6kg Dumbbell</p>	<p>10 (alternating leg that goes back first)</p>	 <p>Hold 1 dumbbell at your chest and not arms up like in the pic.</p>
<p>Kettlebell Pulse Squats 10kg Kettlebell</p>	<p>20</p>	 <p>20 x just pulses You can keep the kettlebell down.</p>
<p>Squat jump forward and step back</p>	<p>10</p>	

COMBO 2

<p>Hip Thrust With weight 6kg Dumbbell</p>	<p>15</p>	 <p>Your step is to low so use your bed or a couch to but your shoulders on.</p>
<p>Sumo Squat with calf raise at the bottom 10kg Kettlebell</p>	<p>12</p>	 <p>Hold Kettlebell down in the middle.</p>
<p>Squat Jack</p>	<p>10</p>	

SECTION 3 - Mat work with band

Repeat this section twice.

Elevated hip bridge with band

12



Add band just above your knees and add on weight on your hips.

Knee Movements out and in while in hip brige

20









Straight leg squeeze open and close

20



STERTCHES

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