

# EXERCISE PROGRAMS



**Lower Body  
And Cardio**



## Lower Body and Cardio

### Introduction

This exercise routine is created for men and women to increase their cardio-respiratory endurance as well as focusing on their lower body muscles. Along with improving the muscles of the leg, this workout develops stability around the hip and knee to help prevent the risk of injury.

*Exercise intensity – moderate to high.*

### Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

### Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ Make sure the client is warm before engaging in activity. This can include dynamic stretching and/or light cardio.
- ▶ Advise your client that a fast-digesting carb-filled snack is a good pre-workout food to have about 30 minutes prior, i.e. a sports drink or energy bar.
- ▶ Rest between sets should start at about 60 seconds and be reduced to 45 seconds as the client progresses.

### Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

Circuit: to be repeated 3 times

### Mountain Climbers

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- Body supported in push up position
- Ankle, hip and shoulder in alignment
- Maintain neutral spine position throughout
- Drive one knee up to same elbow
- Alternate legs quickly



Complete 1 sets of 30 repetitions. Rest 0 between sets.

### Scissor Kicks

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- Lie face up
- Curl up into a V Sit position, keep both legs straight
- Hold one leg, lower the other leg towards floor
- Maintain torso position, swap leg position

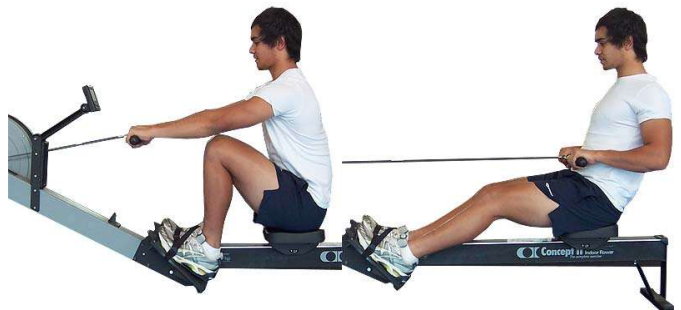


Complete 1 sets of 20 repetitions. Rest 0 between sets.

### Rowing - 300m sprint

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- Select a rowing machine
- Set timer
- Row distance as quickly as possible
- Rest completely during rest period
- Monitor heart rate if possible



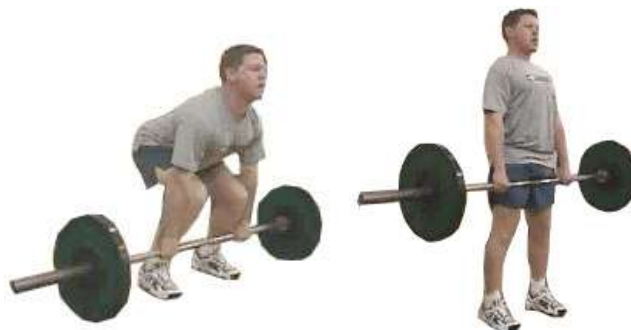
Repeat 1 times. Rest 60s between repetitions.

## Deadlift

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- Barbell on floor, hip width stance
- Shins contact bar, shoulders forward of bar, normal spine
- Grip shoulder width, feet flat on floor
- Stand up slowly, bar close to chins & thighs
- Maintain normal spinal curvatures throughout movement
- Reverse the action to return to the floor

Complete 1 sets of 15 repetitions. Rest 0 between sets.



## Squat - Barbell

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- Stand feet wider than hip width apart
- Barbell across back of shoulders
- Push knees forward over toes & sit back toward heels until top of thigh is parallel to floor
- Ascend by driving hips forward & shoulders towards the roof
- Feet stay flat & lower back maintains normal curvature throughout

Complete 1 sets of 15 repetitions. Rest 0 between sets.



## Treadmill - 400m sprint

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- Select a treadmill
- Set timer or use preset treadmill program
- Run for designated time
- Monitor heart rate if possible

Complete 1.



## Bridge - Single Leg On Exercise Ball

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- Lie face up, one foot on a exercise ball
- Knee & hip bent to 90 degrees, other leg straight
- Preset lower abdominals, press heel into the exercise ball & lift the hips to align with the shoulder & knee
- Maintain neutral spine position

Complete 1 sets of 20 repetitions. Rest 0 between sets.



## Leg Curl - Single Leg On Exercise Ball

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- Lie on floor, one heel on crest of the ball
- Other heel slightly above ball
- Hips extended - shoulders, hips, knees & ankles align
- Bend knee to roll ball to buttocks
- Extend leg to return to start position
- Ensure hips remain square with shoulders
- Torso maintains a stable position throughout



Complete 1 sets of 20 repetitions. Rest 30s between sets.

## Step Up Jumps - Dumbbell

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- Select knee high box or lower
- Stand in front of box, one foot on top of box
- Extend step up leg rapidly, jumping for height
- Land with the other foot on the box
- Repeat the action aiming to jump for maximum height



Complete 1 sets of 20 repetitions. Rest 0 between sets.

## Star Jumps

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- Stand, feet close together, arms by side
- Commence star jump action
- Clap hands above head as jump legs apart
- Ground contact on balls of feet



Complete 1 sets of 40 repetitions. Rest 30s between sets.

## Wall Sit - Exercise Ball

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- Stand position ball between wall & low back
- Feet hip width apart & positioned forward of hips
- Arms by side
- Descend until top of thighs are parallel to floor
- Maintain upright posture



Hold for 45 seconds. Repeat 1 times.