Top 35 Lower Body Exercises

Calf Raise - Single Leg

• Stand on one leg, toes on edge of box
• Ankle hanging below toes
• Hold something for support
• Lift & lower body by extending the ankle of the stance leg
• Maintain an upright posture throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Forward Hops - 3 Each Leg - Ladder

• Hop forward on one leg
• One hop in each square
• Every 3 hops swap legs
• Continue this sequence until ladder is complete
• Ground contact on balls of feet

Repeat 3-6 times. Rest 60-90s between repetitions.

Lateral Jumps - 2 Each Square & Spin - Ladder

• Stand side on to the ladder, straddle first rung
• Jumping action, moving sideways through the ladder
• Straddle each rung of the ladder once Straddle each rung of the ladder once
• After 3 jumps, jump & spin 180 degrees, continue jumping
• Repeat sequence until ladder is complete
• Ground contact on balls of feet

Repeat 8-12 times. Rest 90s between repetitions.
Marching - High Knees

- March up & down on the spot
- Emphasise high knee action & extension of the stance leg

Complete 2-4 sets of 30-50 repetitions. Rest 60s between sets.

Squat - Wobble Board or Foam Roller

- Feet positioned toward edges of wobble board
- Arms in front of body
- Keep wobble board as flat as possible
- Descend into a squat position
- Ascend by standing up slowly
- Board stays balanced
- Maintain an upright posture throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Arabesque - Single Leg Quarter Squats

- Adopt the arabesque position
- Shoulders, hips, knees & ankles aligned & close to horizontal
- Perform small squats on one leg while maintaining position
- Maintain balance, repeat as directed

Complete 2-5 sets of 6-12 repetitions. Rest 60s between sets.

Arabesque - Torso Rotations

- Adopt the arabesque position, arms out wide
- Shoulders, hips, knees & ankles aligned & close to horizontal
- Rotate trunk so hand is pointing upward
- Return to start position & repeat
- Maintain good balance & alignment throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.
<table>
<thead>
<tr>
<th>Exercise</th>
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| Bounding - Alternate Legs | • Running action  
• Lengthen stride  
• Aim for maximum height & distance from each stride  
• Ground contact on balls of feet  
• Maintain an upright posture, use arm action to assist with elevation |
|                        | Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.                |
| Deadlift               | • 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 2-4 sets of 8-12 repetitions. Rest 60s between sets.               |
| Depth Jumps            | • Stand on a low box  
• Step off box, land on the balls of both feet  
• Land with hips, knees & ankles slightly flexed  
• Jump immediately  
• Aim to minimise ground contact time  
• Increase height of box to increase difficulty of task not more than 0.6m |
|                        | Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.                |
| Lateral Bounds         | • Bound sideward off one leg onto the other  
• On landing, bound back in the opposite direction  
• Repeat sequence  
• Maintain a low centre of gravity throughout |
|                        | Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.                |
Leg Press - Double Leg

• Feet & knees hip width apart
• Control descent to 90 degree knee flexion
• Return to start position by extending knees
• Avoiding hyperextension knees
• Maintain flat feet throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lunge - Barbell

• Feet hip width apart
• Bar positioned across back of shoulders
• Take a large step forward, descend until leading thigh is parallel to floor
• Return to start position by rapidly extending leading leg
• Maintain upright posture throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lunge - Overhead - Medicine Ball

• Feet hip width apart, medicine ball held high above head
• Take a large step forward, descend until leading thigh is parallel to floor
• Return to start position by rapidly extending leading leg
• Keep ball above head & maintain upright posture throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lunge - Rotation - Medicine Ball

• Feet hip width apart, medicine ball held out in front of body
• Take a large step forward, descend until leading thigh is parallel to floor
• On descent rotate torso to the same side as the leading leg
• Return to start position by rapidly extending leading leg & rotating torso back to neutral position
• Variation - Substitute medicine ball for a weight plate or dumbbell

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

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Lunge - Walking

• Feet hip width apart
• Grip dumbbell in each hand
• Take a large step forward, descend until leading thigh is parallel to floor
• Push off the trailing leg & step forward onto the leading leg to the new start position
• Maintain upright posture throughout

Variations: Substitute dumbbells for a barbell or medicine ball

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Side Lying Leg Lifts - 5 Second Holds

• Lie on side, arm under head if possible
• Other hand on hip
• Preset lower abdominals
• Abduct the hip & raise the leg to 30 degrees
• Hold for 5 seconds, lower leg & repeat

Complete 2-5 sets of 8-12 repetitions. Rest 60s between sets.

Split Jump - Body Weight

• Stand in split stance
• Descend rapidly into split squat position
• Immediately jump for height
• Land with stance reversed, immediately jump again

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Split Squat - Dumbbell

• Feet hip width apart, long split stance
• Grip dumbbell in each hand
• Descend until leading thigh is parallel to floor
• Ascend by pushing shoulders towards the roof
• Maintain upright posture throughout movement

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.
Split Squat - Foot on Box - Barbell or Dumbbell

• Hold barbell across shoulders, or dumbbells in hands
• Start in a split squat position, rear foot on box or bench
• Perform split squat in controlled manner
• Maintain upright torso
• Complete repetitions on one side at a time

Complete 2-4 sets of 8-12 repetitions. Rest 60-90s between sets.

Squat - Body Weight

• Stand feet wider than hip width apart
• Arms in front of body
• Push knees forward over toes & sit backward 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 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Squat - Single Leg - Quarter Squat on Unstable Surface

• Stand with one foot forward on a low box
• Lean torso forward over leg
• Squeeze both gluteals
• Slowly step up onto the box
• Lower slowly, emphasising control of the pelvis & glute contraction
• Repeat repetitions on one leg at a time

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Step Up - Gluteal Endurance

• Stand on one leg on a mini trampoline, foam roller or wobble board
• Squat down slowly to a partial squat position
• Maintain balance & return to standing
• Maintain alignment of knee, hip & ankle

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.
Step Up Jumps

- Select knee high box or lower
- Stand in front of box, one foot on top of box
- Step up onto the box & jump for height
- Land with stance reversed, immediately jump again
- Aim to jump for maximum height

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Straight Leg Raise - Co-contraction

- Sit on the floor, legs extended
- May bend one leg up for support
- With the straight leg - point toes up, squeeze quadriceps/thigh muscles to extend the knee
- Keep the leg straight & slowly lift the leg off the floor
- Lower leg & repeat

Complete 2-4 sets of 8-12 repetitions. Rest 30-60 between sets.

Tuck Jumps

- Stand, feet hip width apart
- Drop into a partial squat position
- Immediately jump for maximum height
- Tuck knees to chest during flight
- Land legs slightly flexed
- Immediately jump again & repeat sequence

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Ankle Bounces - Torso Rotations

- Stand, feet hip width apart, knees slightly flexed
- Jump repeatedly, each jump rotate lower body to the left or right
- Shoulders face forward throughout
- Emphasise rotation through the torso
- Bounce with short, soft ground contacts

Complete 2-4 sets of 10-20 repetitions. Rest 60s between sets.
### Bridge - Feet On Exercise Ball

- Lie face up, feet on stability ball, knees & hips bent to 90 degrees
- Preset lower abdominals
- Press heels into the exercise ball, lift the hips to align with shoulders & knees
- Maintain neutral spine position

Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

### Bridge - Single Leg On Exercise Ball

- Lie face up, one foot on an 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 2-4 sets of 8-15 repetitions. Rest 30s between sets.

### Deadlift - Single Arm & Leg - Dumbbell

- Stand on one leg, hold dumbbell in hand on same side
- Hold dumbbell in front of thigh
- Bend forward from hip, extend other leg backward in Arabesque like position
- Keep dumbbell close to leg
- Stand & repeat

Complete 2-4 sets of 6-12 repetitions. Rest 60s between sets.

### Hip Extension - Lying - Cable

- Lie face up, head toward high cable
- One leg vertical, other leg flat
- Attach cable cuff to ankle of raised leg
- Keep leg straight, pull leg to floor

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.
Leg Curl - Single Leg On Exercise Ball

- 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 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Bridge & Hold - Alternate Leg Extensions

- Lie face up, knees bent, feet flat on floor
- Lift hips to align with shoulders & knees
- Hold bridge position, slowly extend one knee, pause, return foot to the floor
- Repeat on other side

Complete 2-4 sets of 6-12 repetitions. Rest 60s between sets.

Hip Adduction - Standing - Cable

- Stand beside low cable
- Attach cable cuff around near ankle
- Hold for support
- Pull the cable by adducting the hip

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Hip Abduction - Standing - Cable

- Stand beside low cable
- Attach cable cuff around far ankle
- Hold for support
- Pull the cable by abducting the hip

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.