

# Workout Card - Intermediate - Lower Body & Core

#activeSault



It is important to seek advice from a medical doctor before engaging in this exercise program or any other.



## Importance of a Proper Warm-Up

A light to moderate intensity warm-up is essential to any training program, and should be performed before any exercise. Light to moderate intensity can be gauged by an increase in heart rate, body temperature, and breathing, but should not restrict your ability to say a full sentence. A general warm-up consisting of cardiovascular type activities (i.e. wheeling, walking) should be performed for at least 5 minutes, and it is most effective in preparing the body for exercise when followed by a specific warm-up (i.e. shoulder rolls). A proper warm-up will help prevent injury from exercise.

**NOTE:** Sets of these exercises can be repeated 2-4 times, with 2-3 minutes rest between sets (more or less if needed), 2-3 times per week. Combine this workout card with Workout Card - Intermediate - Upper body for a complete workout.

## 5. Squat - Buttocks, Legs, Calves

Equipment: Free Standing



### Start

- Stand upright with feet parallel, shoulder width apart, toes pointed forward

### Action

- Keeping the torso upright, squat down, lowering the body towards the ground by pushing the hips back, and bending knees as low as possible

### End

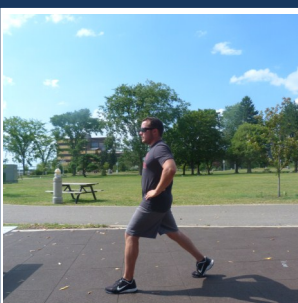
- Push through the heels, extend the knees and hips and return to the upright position



**Repeat as many times as possible, 12 repetitions max, to complete one set**

## 6. Lunge - Buttocks, Legs, Calves

Equipment: Free Standing



### Start

- Position the body into a staggered stance with the back heel elevated and front foot pointing forward

### Action

- Balance on the back toes, keeping front foot flat and point straight forward
- Keep torso upright and lower the body towards the ground
- Keep front knee in line with front hip and ankle, back knee in line with back hip and ankle

### End

- Push weight evenly through front foot and back toes, return to starting position



**Repeat as many times as possible, 12 repetitions max, to complete one set before switching to the other leg**

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## 7. Box Jumps - Buttocks, Legs, Calves

Equipment: Plyo Boxes



### Start

- Stand upright facing Plyo Boxes of appropriate height
- Feet are parallel, hip width apart with arms down at the sides of the body

### Action

- While swinging the arms and pushing hips back, bend the knees to prepare for the jump
- Jump onto the bench top, pushing off the ground through both feet
- Absorb the landing on the box top by bending the knees

### End

- Step down off the bench top, one foot at a time and prepare for the next jump

**Repeat as many times as possible, 12 repetitions max, to complete one set**



## 8. Leg Raises - Core (Abdominals)

Equipment: Leg Raise Station



### Start

- Suspend the body from the ground by placing forearms on each arm rest
- Hands grasping each handle
- Extend legs so they are in line with the upper body
- Torso remains upright and strong keeping back pressed into the backrest

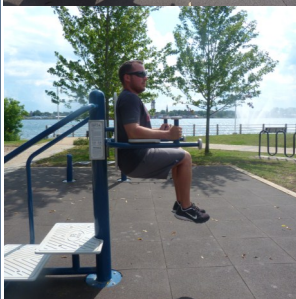
### Action

- Start to raise knees up to a 90 degree angle towards torso

### End

- Lowering the legs back to starting position

**Repeat as many times as possible, 12 repetitions max, to complete one set**



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### Importance of a Proper Cool-Down

A proper cool-down is just as important to an exercise program and your safety as a proper warm-up, and should be performed at the end of every exercise session. A general cool-down, consisting of light intensity cardiovascular type activities (i.e. wheeling, walking) should be performed for at least 5 minutes directly after exercise, or until you are able to hold a conversation without interruption from heavy breathing, and it is most effective at reducing the risk of delayed onset muscle soreness (DOMS) when followed by stretching. A proper cool-down will help prevent injury from exercise.

**NOTE:** Sets of these exercises can be repeated 2-4 times, with 2-3 minutes rest between sets (more or less if needed), 2-3 times per week. Combine this workout card with Workout Card - Intermediate - Upper Body for a complete workout.