

COACH NICKI'S LOWER BODY EXERCISES

LIFTING PROGRESSIONS: always 3 sets, reps of 8, 10, 12, 15

WALL SQUATS: feet hip width, back on wall, lower body so that legs are at 90 degrees, knees do not extend over toes. Advanced is using only one leg with other leg sticking straight out.

WALKING LUNGES: arms are crossed at shoulders (make an x on your chest), large steps forward, back leg bends to 90 degrees, heel off ground but bent knee does not touch ground, continuous steps (do not pause at top and bring legs together), complete 1 basement square first week and build up to 2 times around the basement before you add weight (weights sit on shoulders).

HIP FLEXOR RAISES: balance on one leg. On opposite leg hold weight between knee and thigh with both hands and raise leg to 90 degrees. Do not lower leg to ground between reps.

BACK EXTENSIONS: (sit up for your back) Start by standing with legs hip/shoulder width apart, keep legs locked, hinge at hips and bend upper half of body to form 90 degree angle, keeps eyes/head looking forward (not down), only 2 sets of as many as you can do.

CALF RAISES: first set is plie position with toes touching and heels out, second set has heels touching with toes out, and third set has feet parallel to each other. When this feels comfortable, you can do them on the lowest step with your heels hanging off of the step.

FLOWING LUNGES: start like you are a frog getting ready to leap, squatting close to the ground (so you may need a wide stance initially). Extend one leg straight out to side of body with toes pointed forward. Move your pelvis from side to side with your hands on the ground for balance, keep your head and eyes looking forward. (As you get more advanced, you can hold your hands in prayer position in front of your heart.)