

Lower Body Strength 3

Exercise	Reps x Sets	Teaching Points
Leg Press	12 - 15 x 3	<ul style="list-style-type: none">• Set the machine up so that when your feet are on the platform, your knees and hips are at 90 degrees (there will be instructions on the machine to assist with this)• Your feet should be hips width apart and your back flat against the back rest• Keep your feet flat on the platform and push into the platform, straightening your legs• Fully extend your legs but keep your knees soft• Keep your knees inline with your ankles and your feet flat on the platform as you go through the movement.
Squats	12 - 15 x 3	<ul style="list-style-type: none">• Stand tall with your feet shoulders width apart, facing forward• Keeping your feet flat on the floor, bend your knees and push your hips backwards and lower down into a squat position• Stand back up straight keeping your chest up and back straight throughout the movement
Walking Lunge	12 - 15 x 3	<ul style="list-style-type: none">• Stand tall with your feet hips width apart, facing forward• Take a step forward with your right foot and bend both knees to 90 degrees• Keep your right foot flat but left your left heel lift off the floor• Using both legs and your glutes, push off with your both feet and step forward with your left leg• Place your left leg on the floor and lower both knees down to 90 degree

Kettlebell Swing	12 - 15 x 3	<ul style="list-style-type: none"> • Stand tall with your feet shoulder width apart with soft knees • Tip from your hips and let the KB swing between your legs close to your body • Thrust your hips forward using your glutes and hamstrings to power the movement so that the KB swings up to eye height. • Use your shoulders to control the movement but not to generate the main force • The bottom of the KB should be facing away from you
Romanian Deeadlift	12 - 15 x 3	<ul style="list-style-type: none"> • Stand tall with your feet hips width apart holding the barbell with a mixed grip (one hand over and one had under the bar) in front of your body • Keep your knees soft and bend at your hips as your push them back • Maintain soft knees but do not bend them as you move through the movement • Keep your back flat and lower the bar down, keeping it close to your legs • Take a pause at the bottom of the movement and then slowly return to an upright position, keeping a flat back throughout
Alternate Kettlebell Swing	12 - 15 x 3	<ul style="list-style-type: none"> • Stand tall with your feet shoulder width apart and soft knees • Hold the KB in one hand and tip from your hips so that the KB swings between your legs close to your body • Thrust your hips forward using your glutes and hamstrings to power the movement so that the KB is up to eye height • At the top of the swing take hold of the KB with the other hand and let the KB swing back down between your legs • Repeat the movement on the other hand