

Titan Workouts!

Lower Body Workout

- Recommendations for strengthening 2-3 days per week
- For beginner, do 1 set of 12 – 15 repetitions
- For Intermediate, do 2 sets of 12 – 15 repetitions
- For Advanced, do 3 sets of 12-15 repetitions
- If your local park does not have all the exercise equipment, add some of the body weight exercises into your routine (listed below)
- Don't forget to add a warm-up before and flexibility afterwards

Exercise	Target of Exercise	Description
Leg Press	Upper Legs	Take a seat and slowly extend your knees, pushing yourself away from your feet
Standing Hip Ad & Ad-duction	Side of Hips	Place bar on the outside of your lower leg and push out to the side, lead with the heel. Place bar on inside of lower leg and push across your body, lead with the heel
Hip Abduction	Side of Hips	Place both feet on the foot pads and move the feet away from each other
Hip Flexion	Front of Hips	Place the bar in front of your ankle and raise the leg forward
Hip Extension	Back of Hips	Place the bar on the back of your ankle and lift your leg backwards
Hip Thrusts	Back of Hips	Lie on your back with knees bent, thrust hips upwards and squeeze your bottom; hold for 2-3 seconds then relax.
Monster Walks	Upper legs	Begin with a squat and the feet hip width apart, keep a slight bend in the knees. Step to the side.
Heel & Toe Raise	Lower legs	Raise heels so weight is on front of feet and then lower heels and raise your toes so weight is on middle of feet
Alternative activities if equipment is not available		
Lunges*	Legs	Begin standing and take a step back. Lower yourself straight down until you reach a 90 degree angle. Be sure to do both sides.
Squats*	Legs	Keep heels on ground. Pretend like you are sitting in a chair and keep chest upright and eyes forward

*From the body weight video