**March 11, 2015**

**Lower Body**

|  |  |  |  |
| --- | --- | --- | --- |
| Quadriceps Exercises | # of Reps | Weight/Level | https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcRkYyBTTZXGBgRx3cNzFtOhX5bftNSp5jU_mYIqr4eyCvoWJEnXRANotes for Next Time |
| Leg Extensions | 12 |  |  |
| Leg Extensions | 10 |  |  |
| Leg Extensions | 8 |  |  |
| Leg Extensions | 6 |  |  |
| Leg Extensions | 12 |  | http://www.womenshealthmag.com/files/images/0904-squat-jumps.jpg |
| Jump Ups (see notes) | 12 |  | Swat down and touch floor between knees; jump up with arms over head – as high as you can; repeat 12 times |



|  |  |  |  |
| --- | --- | --- | --- |
| Hamstrings Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Dumbbell Lunges | 12 |  |  |
| Dumbbell Lunges | 10 |  |  |
| Dumbbell Lunges | 8 |  |  |
|  Dumbbell Lunges | 6 |  |  |
| Dumbbell Lunges | 12 |  | http://yegfitness.ca/wp-content/uploads/2014/09/swiss-ball-6.jpg |
|  Ball Leg Curl | 12 |  | Use the 2 6-lb. balls under each foot |



|  |  |  |  |
| --- | --- | --- | --- |
| Calf Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Stand Dumbbell Raises | 12 |  |  |
| Stand Dumbbell Raises | 10 |  |  |
| Stand Dumbbell Raises | 8 |  |  |
| Stand Dumbbell Raises | 6 |  | http://www.flynntherapy.com/image07.jpg |
| Stand Dumbbell Raises | 12 |  |  |
| Standing Raises | ~~12~~ 30 |  |  |



|  |  |  |  |
| --- | --- | --- | --- |
| Abdominal Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Butt Lifts (Butt Ups) | ~~12~~ 10 |  |  |
| Butt Lifts (Butt Ups) | ~~10~~ 15 |  |  |
| Butt Lifts (Butt Ups) | ~~8~~ 20 |  | http://img1.wfrcdn.com/lf/49/hash/2718/313540/1/High+Impact+Commercial+Adjustable+Sit+-Up%2FDecline+Bench.jpg |
| Butt Lifts (Butt Ups) | ~~6~~ 25 |  |  |
| Butt Lifts (Butt Ups) | ~~12~~ 20 |  |  |
|  Mat Crunches | ~~12~~ (As many as you can!) |  |  |