

Lower body Exercise Program  
Transcript - English

*Titan Workout!*

*Lower Body Exercises*

*Physical Activity Readiness. Doctors clearance is advised if you have any of the following: Heart Condition, Chest Pain, Loss of balance or consciousness, Currently taking prescribed medicine for existing conditions.*

*Leg Press*

Take a seat and slowly extend your knees, pushing your body away from your feet.

*Standing Hip Ab & Ad-duction*

Place the bar on the outside of your lower leg. *Or on the inside of the leg.* Now push and lead with the heel. Make sure you stand up tall and hold onto the provided handle if needed.

*Hip Abduction*

Place both feet on the foot pads and simultaneously move the feet away from each other until you feel gentle tension in the hip or the thighs.

*Hip Flexion*

Place the bar in front of your ankle and raise the leg forward while maintaining upright posture.

*Hip Extension*

Place the bar on the back of your ankle. Lifting your legs backwards and squeezing your bottom. Keep the hips even and maintain upright posture.

*Hip Thrusts*

Begin by lying on your back with your knees bent and your feet slightly higher than your hips. Thrust your hips upwards and squeeze your bottom holding for two to three seconds and relaxing back to normal.

*Monster Walks*

For the beginning stage, start with feet hip width apart and a slight bend in the knees. While keeping the hips forward, take a wide step to the right with the right leg and follow with the left leg back to hip width. For the intermediate stage, squat down when stepping out. For the advanced, add a jump squat. *Be sure to go both ways!*

*Heel & Toe Raise*

Raise the heels so the weight is towards the front of the feet then lower your heels so that your feet are on the ground. Then raise your toes and make sure your weight is towards the middle and heels of the feet.

*Tips to Keeping Active!*

*Plan ahead, lay clothes for when you get home!*

Try getting your exercise clothes ready in the morning before you go to work so that way you're ready to workout when you get home.

*Get a friend to hold you accountable!*

Tell a friend that you're exercising later so that they can either come with you or hold you accountable for doing your exercise.

*Get the children involved!*

Get your children excited about going to the park after work so that they can encourage and remind you.

*Use technology to remind you!*

Set an alarm or a reminder on your phone to tell you it's time to get active! Set it to go off a few times during the day so you know it will be repetitive.

*Remember to snack throughout the day*

Try to eat a snack on your way home from work so that you have enough energy to complete your exercise before settling down to make dinner or performing your everyday evening activities.

*Things to remember:*

*Perform 8-12 repetitions for each exercise.*

*Perform this 3-4 times*

*8-12 repetitions, 3-4 sets*

*Rest 30-90 seconds in between sets*

*Warming up comes BEFORE the workout*

*Stretching comes AFTER the workout*

*Have a Great Workout!*

*Filmed by KNES 532 Students, Fall 2015*