



Your Best Legs



1. Walking Lunges: Starting Position: Stand upright with dumbbells facing your body. Step out making a 90 degree angle (shown above). Ending Position: Push off with both feet and walk forward until the other leg reaches the 90 degree angle. Keep repeating until you have gone across the whole length of the gym or you have done 10 on each leg.



2. Switch Lunges on Bosu Ball (done without weights): Starting Position: Stand on the Bosu Ball in the lunge position making that 90 degree angle with the front knee. Jump off the Bosu and switch legs in space. Ending Position: Your opposite leg is on the Bosu Ball. When landing make sure your back toe is pointing straight keeping everything in line from hip to knee to foot. If this is too much then just do stationary lunges with one foot on the Bosu (shown above) with weights.



3. Hip Lifts: Starting Position: Place heels of feet onto the ball. Lift hips one fist distance from the floor. Raise your right leg to the ceiling (shown above). Ending Position: Roll the ball in and out keep one heel on the ball at all times. Do about 12-15 reps and then switch legs and repeat the exercise.

For more information, ask one of your certified personal trainers