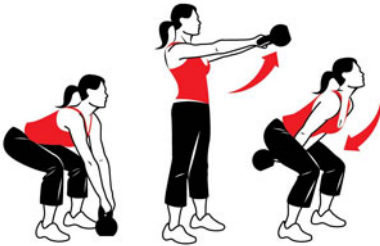


## Commit To Get Fit: Lower Body Workout



### Step Ups:

Place (right) foot on elevated surface (box) and push through heel of (right) to step up. Tap lower leg on (box). Repeat 3x10 each leg.



### Weighted Swings:

Grab a Dumbbell, Kettlebell, or Medicine Ball. Swing ball down and back between legs, stand up and push hips forward to create swing. Repeat 3x15 swings.



### Side Steps:

Place circular resistance band around ankles. Bend at knees and step 10 steps in one direction, leading with the heel. Repeat 3x10 each leg.



### Roundhouse Kicks at Bar:

Place supporting heel toward the target, open up hip, point your toe and kick with your shoes laces. Repeat 3x20 each leg. (High or Low Kicks)

# Commit To Get Fit: Lower Body Workout Cont.



## Lunges:

Stand with feet hip width apart. Step one foot forward and lunge. Weight should be in the heel of the front foot and knee in line with ankle. 3x10 each leg.



## Box Squats:

Place box behind you. Push butt back and slowly lower yourself to tap the box. Shift weight forward and push through heels to stand up. Repeat 3x 10 each leg. Can be done with or without weight.



## Standing Calf Raises on Bosu:

Place Bosu face up. Stand on top of Bosu and lift heels off Bosu to complete calf raise. 3x10



## Lateral Lunges:

Stand hip width apart. Lunge right leg to the right side and left leg to the left side. Push butt back and make sure knees never go over toes. 3x20