## **Women's Lower Body Strength**



This program is designed to strengthen and tone your lower body without adding muscle bulk. Begin with 12-15 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 15 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

## Workout Option #I

| Date | Card # | Exercise Name              | Resistance<br>Level | Reps | Sets |
|------|--------|----------------------------|---------------------|------|------|
|      | 27     | Squat                      |                     |      |      |
|      | 29     | Single Leg Squat           |                     |      |      |
|      | 31     | Calf Raise                 |                     |      |      |
|      | 30     | Toe Out Squat              |                     |      |      |
|      | 35     | Jumping Squat              |                     |      |      |
|      | 71     | Lying Leg Curl with Crunch |                     |      |      |
|      | 33     | Outer Hip & Thigh          |                     |      |      |

## Workout Option #2

| Date | Card # | Exercise Name            | Resistance<br>Level | Reps | Sets |
|------|--------|--------------------------|---------------------|------|------|
|      | 27     | Squat                    |                     |      |      |
|      | 34     | Side Squat               |                     |      |      |
|      | 28     | Twisting Squat           |                     |      |      |
|      | 35     | Single Leg Jumping Squat |                     |      |      |
|      | 32     | Hamstring Pull           |                     |      |      |
|      | 37     | Inner Thigh Pull         |                     |      |      |
|      | 75     | Core Extension           |                     |      |      |

\*Remember to consult a physician prior to beginning this or any exercise program. As your begin your program, take breaks and drink water as needed.

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