

# Lower Body Functional Strength Training

## Workout Guide

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## Lower Body Strength Workout

Welcome to your personalized lower body strength workout! This guide will take you through a series of exercises designed to improve strength, circuit training, and overall functional wellness. Each exercise is crafted to focus on different parts of the body, ensuring a comprehensive workout. Let's get started!

### Warm Up

#### 1. Knee Driver

- **Instructions:** Stand tall and drive one knee up towards your chest, then lower it back down. Engage your lower abdominals as you drive your knee up.
- **Repetitions:** 10 repetitions per side

#### 2. Standing Leg Swings

- **Instructions:** Stand on one leg and swing the opposite leg forward and backward. Hold onto a sturdy surface for balance. For more stability challenge, don't hold on.
- **Repetitions:** 10 swings per side

#### 3. Leg Swings ABD/ADD

- **Instructions:** Stand on one leg and swing the opposite leg side to side. Hold onto a sturdy surface for balance. For more stability challenge, don't hold on.
- **Repetitions:** 10 swings per side

#### 4. Deep Squat Hip Openers

- **Instructions:** Stand and lift one leg to 90 degrees at the hip and knee. Rotate your hip externally and internally. Hold onto a sturdy surface for balance. For more stability challenge, don't hold on.
  - **Advanced:** 90/90 Hip ER/IR with simultaneous Ankle Supination/Pronation respectively
- **Repetitions:** 5 rotations per side

#### 5. Sitting Windshield Wipers

- **Instructions:** Sit on the floor with your knees bent and feet flat on the ground. Place your hands behind you on the floor for support. Rotate both knees to one side, then to the other side. Your feet stay in place while your hips rotate. Only go as far as you can without compensating.
- **Repetitions:** 10 each direction

## Circuit 1 → 2 rounds

### Round 1

#### 1. Squats to Heel Raise with Arms Back to Overhead

- **Instructions:** Stand with your feet hip- to shoulder-width apart and your chest tall. Begin by sitting your hips back and down into a controlled squat as your arms sweep slightly behind you. Press through your heels to stand tall, sweeping your arms overhead as you rise. At the top, lift your heels into a controlled calf raise and reach long through your fingertips without arching your lower back. Lower your heels and flow directly into the next repetition.
- **Repetitions:** 10 times

#### 2. Split Squats

- **Instructions:** Stand in a staggered stance with one foot forward and the back heel lifted. Keep your torso upright and your hips facing forward. Lower straight down by bending both knees, allowing the back knee to move toward the floor while the front knee tracks over your middle toes. Press through your front heel to return to standing. Maintain balance and control throughout the movement.
- **Repetitions:** 10 repetitions per foot

#### 3. 3-way Single Leg Mini Squats

- **Instructions:** Stand on one leg with a slight bend in the stance knee and hips level. Perform a small, controlled squat while sliding your opposite foot in three directions: (1) directly in front of you, (2) out to your side, and (3) diagonally behind you. Return to center between each tap while keeping your knee aligned over your toes and your hips steady. The movement should be small and controlled rather than deep.
- **Repetitions:** 10 reps on each direction, and on each leg

**REST BREAK → 1-2 minutes.** Get water if you need it!

### Round 2

#### 1. Squats to Heel Raise with Arms Back to Overhead

- **Instructions:** Stand with your feet hip- to shoulder-width apart and your chest tall. Begin by sitting your hips back and down into a controlled squat as your arms sweep slightly behind you. Press through your heels to stand tall, sweeping your arms overhead as you rise. At the top, lift your heels into a controlled calf raise and reach long through your fingertips without arching your lower back. Lower your heels and flow directly into the next repetition.
  - **Progression/Advancement:** Reach one arm overhead in a diagonal pattern across your body as you raise your heels and stand tall.
- **Repetitions:** 10 times

#### 2. Split Squats

- **Instructions:** Stand in a staggered stance with one foot forward and the back heel lifted. Keep your torso upright and your hips facing forward. Lower straight down by bending both knees, allowing the back knee to move toward the floor while the front knee tracks over your middle

toes. Press through your front heel to return to standing. Maintain balance and control throughout the movement.

- **Progression/Advancement:** Go down 50% depth, and then perform 3 pulsed split squats before standing fully again.
- **Repetitions:** 10 repetitions on each foot

### 3. 3-way Single Leg Mini Squats

- **Instructions:** Stand on one leg with a slight bend in the stance knee and hips level. Perform a small, controlled squat while sliding your opposite foot in three directions: (1) directly in front of you, (2) out to your side, and (3) diagonally behind you. Return to center between each tap while keeping your knee aligned over your toes and your hips steady. The movement should be small and controlled rather than deep.
- **Progression/Advancement:** Perform all 3 directions in a row in a fluid motion, then switch to your other leg.
- **Repetitions:** 10 reps on each direction, and on each leg

**REST BREAK → 1-2 minutes.** Get water if you need it!

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## Circuit 2 → 2 rounds

### Round 1

#### 1. Supine Bridge

- **Instructions:** Lie on your back with your knees bent and feet hip-width apart. Engage your core gently and press through your heels to lift your hips until your shoulders, hips, and knees form a straight line. Squeeze your glutes at the top without arching your lower back. Lower your hips slowly and with control before repeating.
- **Repetitions:** 10 repetitions

#### 2. Sidelying Leg Raise (Hip Abduction)

- **Instructions:** Lie on your side with your hips stacked and your top leg straight. Keep the top leg slightly behind your body so that your shoulder, hip, and ankle are all in a straight line. Lift your top leg toward the ceiling without rolling your hips backward, then lower it slowly with control. You should feel it in the side of your hip rather than your lower back.
- **Repetitions:** 10 repetitions on each side

#### 3. Sidelying Oblique Crunches

- **Instructions:** Lie on your side with your knees bent and your bottom arm extended for support. Place your top hand gently behind your head. Lift your shoulders slightly off the floor by bringing your ribcage toward your pelvis in a side-bending motion. Lower slowly with control, keeping the movement small and focused through your waist. Avoid pulling on your neck.
- **Repetitions:** 10 repetitions on each side

**REST BREAK → 1-2 minutes.** Get water if you need it!

### Round 2

#### 1. Supine Bridge

- **Instructions:** Lie on your back with your knees bent and feet hip-width apart. Engage your core gently and press through your heels to lift your hips until your shoulders, hips, and knees form a straight line. Squeeze your glutes at the top without arching your lower back. Lower your hips slowly and with control before repeating.
  - **Progression/Advancement:** Bring your toes up and dig your heels into the ground as you lift your hips
  - **Progression/Advancement (2):** Tandem bridge
  - **Progression/Advancement (3):** Single leg bridge
- **Repetitions:** 10 repetitions

## 2. Sidelying Leg Raise (Hip Abduction)

- **Instructions:** Lie on your side with your hips stacked and your top leg straight. Keep the top leg slightly behind your body so that your shoulder, hip, and ankle are all in a straight line. Lift your top leg toward the ceiling without rolling your hips backward, then lower it slowly with control. You should feel it in the side of your hip rather than your lower back.
  - **Progression/Advancement:** Keep your leg elevated and perform 10 small circles without losing hip and core control.
- **Repetitions:** 10 repetitions on each side

## 3. Sidelying Oblique Crunches

- **Instructions:** Lie on your side with your knees bent and your bottom arm extended for support. Place your top hand gently behind your head. Lift your shoulders slightly off the floor by bringing your ribcage toward your pelvis in a side-bending motion. Lower slowly with control, keeping the movement small and focused through your waist. Avoid pulling on your neck.
  - **Progression/Advancement:** Extend the legs
  - **Progression/Advancement (2):** Raise shoulder and legs simultaneously
- **Repetitions:** 10 repetitions on each side

**REST BREAK → 1-2 minutes.** Get water if you need it!

## Cool Down

### 1. Sidelying Open Books

- **Instructions:** Lie on your side with your hips and knees bent to 90 degrees and your arms extended straight out in front of you, palms together. Keeping your knees stacked and in contact with the floor, slowly rotate your top arm and upper body open toward the opposite side, following your hand with your eyes. Allow your chest to rotate while your hips remain stable. Pause briefly at the end of the movement, then return to the starting position with control.
- **Repetitions:** 10 repetitions on each side

### 2. Piriformis Stretch

- **Instructions:** Lie on your back with both knees bent and feet flat on the floor. Cross one ankle over the opposite knee, forming a figure-four position. Gently pull the uncrossed leg toward your chest until you feel a stretch in the glute and deep hip of the crossed leg. Keep your head and shoulders relaxed on the floor and avoid forcing the stretch.
- **Repetitions:** 30 second hold on each side x 2 times

### 3. Hamstring Stretch

- **Instructions:** Lie on your back with one leg extended on the floor. Lift the opposite leg toward the ceiling, holding behind your thigh or calf. Gently straighten the lifted leg until you feel a gentle stretch along the back of your thigh. Keep your lower back neutral and avoid locking your knee.
- **Repetitions:** 30 second hold on each side x 2 times

### 4. Prone Press Up

- **Instructions:** Lie face down with your hands placed by your shoulders, palms facing down. Gently draw your shoulder blades back and down as you lift your chest slightly off the floor with use of your hands. Your legs remain relaxed and in contact with the ground. Focus on opening through the chest and engaging the upper back rather than pushing. Hold for 5–10 seconds, then lower with control.
- **Repetitions:** 10 times

### 5. Child's Pose

- **Instructions:** Begin on your hands and knees, then gently sit your hips back toward your heels while reaching your arms forward along the floor. Allow your chest to relax toward the ground and your forehead to rest comfortably, if possible. Breathe deeply into your ribcage and lower back, allowing your body to soften into the stretch.
- **Repetitions:** 1-2 minutes

**Fantastic job today! You crushed it!**

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## Wanting More?

**1:1 Personalized Wellness Coaching**

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**Note:** Always consult with a healthcare professional before starting any new exercise program. Adjust exercises to fit your comfort and ability level. Remember to stay hydrated and listen to your body throughout your workout.