



BEGINNER FUNCTIONAL LOWER BODY Approx 50 mins

Warm-Up (8 mins) **Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Walk or jog:** 2 minutes
 - **Leg swings (front-to-back, side-to-side):** 30 seconds each leg
 - **Hip circles:** 30 seconds each direction
 - **Bodyweight squats:** 1 minute
 - **Glute bridges:** 1 minute
 - 2 warm-up sets of your first exercise with light weight
- Programme Tips**
- Focus on slow, controlled movements and proper form.
 - Choose weights that are challenging but allow you to finish all reps with good technique.
 - Increase weights gradually as you get stronger.
 - Rest at least one day between sessions

Main Workout (35 mins) Rest 60–90 seconds between sets.

Kettlebell Goblet Squat – 3 x 10–12 reps

- **How:** Hold weight at chest, squat down, stand up.
- **Why:** Builds quad, glute, and core strength; teaches squat mechanics.

Barbell Romanian Deadlift – 3 x 10 reps

- **How:** Stand, barbell in hands, hinge at hips, lower to shins, stand tall.
- **Why:** Strengthens hamstrings, glutes, and teaches hip hinge.

Leg Press Machine – 2–3 x 10–12 reps

- **How:** Feet shoulder-width, press platform up, lower with control.
- **Why:** Builds overall leg strength in a supported position.

Slam Ball – 2 x 10 reps

- **How:** Lift slam ball overhead, throw forcefully to ground, squat to pick up.
- **Why:** Develops power, coordination, and full-body.

Step-Up (Dumbbells) – 2–3 x 10 reps per leg

- **How:** Hold dumbbells, step onto box, drive through heel, step down.
- **Why:** Functional single-leg work for balance and strength.

TRX Hamstring Curl – 2 x 12 reps

- **How:** Heels in TRX, bridge hips up, curl heels toward glutes, extend.
- **Why:** Strengthens hamstrings and glutes, challenges core stability.

Bodyweight or Goblet Squat

- **How:** Hold dumbbell at chest (goblet), squat down, stand up.
- **Why:** Builds quad and glute strength, reinforces squat movement.

Kettlebell Deadlift to High Pull – 2 x 12

- **How:** Stand over kettlebell, deadlift up, pull to chest, lower.
- **Why:** Trains hip drive, grip, and upper back in one functional move.

Cool-Down (7 mins) **Why:** Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Standing quadriceps stretch: 30 seconds per leg

- **How:** Stand, pull foot toward glutes, keep knees together.

Standing hamstring stretch: 30 seconds per leg

- **How:** Stand, extend one leg, hinge at hips, reach toward toes.

Seated glute stretch: 30 seconds per side

- **How:** Sit, cross ankle over opposite knee, lean forward gently.

Calf stretch (wall or step): 30 seconds per leg

- **How:** Press ball of foot against wall, lean forward.

Gentle walking or cycling: 2–3 minutes