



# BEGINNER STRENGTH

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)

Perform 3 sets of each exercise, 8–12 reps per set. Rest 60–90 seconds between sets.

### Leg Press Machine

- **How:** Sit, feet shoulder-width on platform, lower until knees 90°, press back up.
- **Why:** Builds quad, glute, and hamstring strength safely.

### Seated Hamstring Curl Machine

- **How:** Sit, place legs on pad, curl heels toward seat, return slowly.
- **Why:** Strengthens hamstrings, balances quad work.

### Leg Extension Machine

- **How:** Sit, place ankles behind pad, extend legs, lower slowly.
- **Why:** Isolates and strengthens the quadriceps.

### Dumbbell Romanian Deadlift

- **How:** Stand, dumbbells in hands, slight knee bend, hinge at hips, lower weights to shins, stand up.
- **Why:** Targets glutes and hamstrings, teaches hip hinge.

### Standing Calf Raise (machine or bodyweight)

- **How:** Stand, rise onto toes, lower slowly.
- **Why:** Strengthens calves, improves balance.

### Bodyweight or Goblet Squat

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

## 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