

Legs, Bum and Abs week 3

Perform each exercise in sequence then repeat circuit again

12 repetitions for each set - repeat circuit



Lying Abductors

Lie stretched out on your side with hips, knees and feet stacked. Rest head on arm and free hand on

the floor for balance. Pull toes up towards you as you push heels away. Keep shoulders back and down and core engaged. Hold position as you lift and lower top leg. Keep upper body as still as you can while you lift.



Lying Adductors

Lie stretched out on your side with hips, knees and feet stacked. Rest head on arm and bend top leg with foot on floor in front of you.

Push heel away and pull toes up on lower leg. Slowly lift and lower bottom leg while keeping upper body as still as you can. Try to avoid placing foot back down onto floor between repetitions. Repeat for 12 on each leg.



V-sit

Sit tall with legs bent out in front and heels resting on the floor. Place hands on floor

behind you for balance. Shoulders back and down and core engaged. Bend elbows and lean upper body back until you feel your abdominals working. Hold this position as you lift legs up off the floor and hold for 20 seconds.



Single Leg drop

Lie on your back with one leg extended up in the air and the other knee bent with foot flat on the floor.

Keep upper body relaxed and engage core. Use abdominals to keep lower back flat down into the floor as you slowly lower and lift extended leg without touching the floor. Repeat for 12 on each leg.



Glute Bridge

Lie flat on your back with knees bent and feet flat on the floor. Upper body relaxed with arms resting out to the side. Engage core. Squeeze buttocks

and abdominals as you lift hips up so you are resting across your shoulder blades. Aim to keep hips level and avoid coming up onto your neck. Slowly control down. To progress, perform exercise with arms extended up to the ceiling.

To progress, perform 15 repetitions of each exercise and/or three sets of all exercises