

Lower-Body Workout (*Beginner to Intermediate*):

Always begin with 5 minute warm up to help avoid injury...Walk on treadmill or walk in place.

*Stretching is also very important ...Always do it when muscles are *warm and pliable* and never skip it completely to avoid injury!

Segment One Focus: Quadriceps (*thighs*)

Squats: 3 sets of 12 reps each with no more than 1 minute resting between sets

Forward Lunges: 3 sets of 6 reps on each leg (*each set is 12 reps total*) with no more than 1 minute resting between sets if possible

Rest and get water here...Do not take more than 90 seconds if possible

Segment Two Focus: Hamstrings (*lower, back portion of legs*)

Standing hamstring curls (*heel curling to butt each time*): 3 sets of 12 reps with no more than 1 minute resting between sets if possible

Reverse Lunges (*begin standing then go backward instead of forward with lunge*): 3 sets of 6 reps on each leg (*each set is 12 reps total*) with no more than 1 minute resting between sets if possible

Rest and get water here...Do not take more than 90 seconds if possible

BONUS Segment: Hips

Standing side leg raises (*with or without 5lb. weight resting on leg*): 3 sets of 12 reps on each side with no more than 1 minute resting between sets if possible

Reverse lunges starting out on a step: 3 sets of 6 reps on each leg (*each set is 12 reps total*) with no more than 1 minute resting between sets if possible

ABS: 12 to 24 crunches (*depending on your fitness level*)

Cardio Segment: walk 10-20 minutes (*when you start out it may be 10 minutes, but you need to eventually work up to 20 minutes with this workout*) ...This can be on a treadmill if you have one, outside weather-permitting or simply walking in place if you must. (*Walk in place if you don't have a treadmill, it's raining outside, the baby is down for a nap, etc...*)

Stretch: Do not skip the stretching...Gently stretch the muscle groups you worked on today!

Do this work out 3 Times this week. If you are trying to lose weight you may want to add an additional 2 to 3 days of just the Cardio Segment at 15 to 20 minutes each

Please check with your doctor before participating in this or any other fitness program if you have any doubts about whether or not this is safe for you. Never continue exercising with an injury or suspected injury. Stop the activity and see your health care provider if you feel injured in any way. Continuing to work out on an injury may mean the difference between being "down" for a few days or weeks to inflicting permanent damage.

Thank you for downloading this FREE Workout made available by
www.3n1fitness.com .

...You can do it... *One work out at a time!*