

# LOWER WEEKS 1-4

WEEK 1	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Isometric Squat (no movement)						
Squats with movement						
Squeezy Ball Squats*						
Standing Squeezy Kickbacks*						
Hamstring Glides						
Bridge						
WEEK 2	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Isometric Squat (no movement)						
Squats with movement						
Squeezy Ball Squats*						
Standing Squeezy Kickbacks*						
Hamstring Glides						
Bridge						
WEEK 3	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Isometric Squat (no movement)						
Squats with movement						
Squeezy Ball Squats*						
Standing Squeezy Kickbacks*						
Hamstring Glides						
Bridge						
WEEK 4	DAY 2			DAY 5		
	Circuit 1	Circuit 2	Circuit 3	Circuit 1	Circuit 2	Circuit 3
Isometric Squat (no movement)						
Squats with movement						
Squeezy Ball Squats*						
Standing Squeezy Kickbacks*						
Hamstring Glides						
Bridge						

# LOWER WEEKS 1 - 4

## EXERCISES

Exercise #1 – Isometric Squat (no movement)

Exercise #2 – Squats with movement

Exercise #3 – Squeezy Ball Squats (can use cushion or toilet paper roll)\*

Exercise #4 – Standing Squeezy Kickbacks (can use squeezy ball, cushion, etc.)\*

Exercise #5 – Hamstring Glides

Exercise #6 – Bridge

## DON'T FORGET TO MAKE YOUR OWN PERSONAL TRAINER MOMENTS:

\*For squats stand one inch away from the couch. As you squat down look at knees to make sure they're in alignment with the midfoot. If your knee touches the couch this is your personal fitness trainer telling you your knees are too far over your feet and sit back further. This will ensure injury free knees!

## REMEMBER:

\*Lower body exercises are performed on the second day you work out and on your fifth day you work out.

\*Mark the level, the number of repetitions you completed on each day and the amount of weight you used, if applicable, for each circuit you performed.

\*Each week challenge yourself by adding a few extra form perfect repetitions, a slightly heavier weight or an extra circuit until you reach three.

## DISCLAIMER (PLEASE READ BEFORE STARTING THE PROGRAM)

\*Before you begin any fitness program it is strongly suggested that you consult a healthcare provider. Any injury sustained from proper or improper use of this exercise program is solely the responsibility of the exerciser. **Alicia Jones Healthy Living** and all partners disclaim any liability from injury sustained from the use of this exercise program and suggest that you consult your professional healthcare provider before attempting any exercise or exercise program.\*