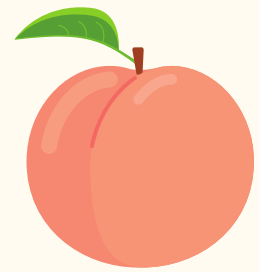


LOWER BODY  
GYM WORKOUT  
@MOVE\_COACHING



WARM UP

Banded Activation:  
(15 reps x 3 sets)

Squats  
Crab walk  
Standing abduction

(12 reps x 3 sets)  
Walking bodyweight  
lunges (no band)

MAIN

Barbell squat or hack  
squat  
10 reps 4 sets

Leg press  
10 reps 4 sets

Superset:  
(12 reps x 3 sets)  
Ex 1: Leg curl  
Ex 2: Leg extension

Dumbbell sumo squat  
10 reps 4 sets

Split squat (elevated  
back leg)  
10 reps per leg 3 sets

COOL DOWN

Stretches -  
(15 second hold)  
Quadriceps stretch  
Hamstring stretch  
Lying glute stretch

(5 min)  
Slow pace treadmill  
walk

\*Aim for 30 seconds rest between sets

\*Choose a weight that is heavy enough so that the last set is rated hard  
9/10.

Don't forget to tag me in your workouts

M x

MOVE BY MEG  
ONLINE COACHING

@MOVEBYMEG @MOVE\_COACHING

