

Band Workout Routine for Legs Printed on Sep 21 2010

Workout Routine Snapshot

1 Workout Days

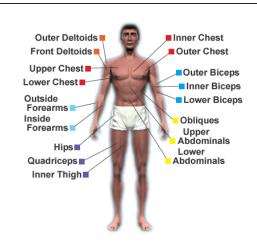
0 Cardio Exercises

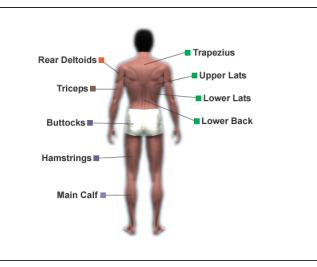
4 Strength Training

0 Stretching Exercises

3 ■ Thighs

1 Calves





Band Workout Routine for Legs - Day 1											
Cardio / Strength Training # of Sets			# of Reps Progress Log								
Thighs Leg Extension (Band)											
		3	6								
■ Thighs Squat (Band)											
		3	6								
■ Thighs Stationary Lunge (Band)											
		3	6								
Calves Calf Raise (Band)											
		3	6								

Detailed Strength	Training Exercise I	nformation	FitnessBliss.com Copyright, Blisslogik Inc.
		■ Thighs Leg Extens	ion (Band)
		Secondary Muscles	Quadriceps
		Starting Position	Lie on your back, one leg extended on the floor and the other in the air and secure the tubing to your foot that is in the air, knee bent at a 90 degree angle.
		Motion	Pull the foot handle up by extending your leg and allow it to slowly return after a short pause.
		Tips/Caution	Keep your thigh perpendicular to the floor and immobile throughout.
		■ Thighs Squat (Ban	d)
		Secondary Muscles	Buttocks, Quadriceps
		Starting Position	Secure the tubing underneath your feet, crouch down and hold the handles with your hands on each sides of your shoulders, palms facing forward.
	y V	Motion	Push yourself up by extending your legs and allow yourself slowly back down after a short pause.
		Tips/Caution	Keep your feet solidly in place throughout.
		■ Thighs Stationary	Lunge (Band)
	No.	Secondary Muscles	Buttocks, Quadriceps
		Starting Position	Secure the tubing underneath one foot that is forward and crouch down with your other foot in line but behind and hold the handles with your hands on top of your shoulders, palms facing foward.
		Motion	Push yourself up by extending your legs and allow yourself slowly back down after a short pause.
		Tips/Caution	Keep your feet solidly in place throughout.
	A.H.	■ Calves Calf Raise ((Band)
		Secondary Muscles	Calves
		Starting Position	Sit on a bench, place the heel of your foot on top of a small block and secure the tubing between your toes and that block.
		Motion	Pull the toe area of your foot up by stretching the tubing and allow it to slowly return after a short pause.
		Tips/Caution	Keep your heel solidly in place throughout.