High Intensity Lower Body Toning
40 min · Abs, Cardio, Legs

We're almost there, at the end of the week. Push your lower body to its limits and then go home and drink a big fat protein shake.

**Jump rope**
- 4 sets, 50 reps, 20 sec rest
  - Hit 200 skips, the rests maybe be a little in the future! Be prepared...

**Jump Squats**
- 4 sets, 12 reps, 30 sec rest
  - No need to come too high off the ground, aim for 3 - 6 inches.

**Lunge Front Kicks**
- 4 sets, 5 reps, 30 sec rest
  - That's 5 lunge kicks per leg per set! Get to it!

**Lateral Lunges**
- 4 sets, 6 reps, 45 sec rest
  - Aim for 6 reps per leg per set, begin feeling that burn!

**Jumping Jacks**
- 4 sets, 25 reps, 20 sec rest
  - Smash out 100 of these, you're over half way through!

**Bench Hops**
- 4 sets, 12 reps, 30 sec rest
  - It's only 48 in total! Your so close!

**Burpees**
- 5 sets, 5 reps, 20 sec rest
  - We all love Burpees!

**Plank**
- 3 sets, 30 secs, 20 sec rest
  - You've got this!

**Cardio – Running**
- Your cool down jog is a shorter one today, you've earned it. Go for 1,400 meters. You're set!
Rope Jumping / Jump rope / Skipping

Primary muscle group(s):
Calves, Glutes & Hip Flexors

Secondary:
Abs, Hamstrings, Quadriceps

Hold one rope end in each hand out to your sides with the middle of the rope behind you.

Keep the rope ends even with your hips.

Rotate your wrists to swing the rope up over your head.

As the rope swings down in front of and towards you, jump over the rope with both feet.

Continue rotating your wrists to swing the rope behind you, back up over your head to repeat.

💡 You can vary the speed, use one leg, alternating legs and even the direction you swing the rope in to increase your stamina and coordination.
Jump Squats

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat

Lunge / Front Kicks

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Stand straight up with a tight core and flat back. Keep your gaze focused straight ahead as you step back with your right leg.

As you step forward into the starting position, launch the right leg into a front kick. Use the left side hand to touch your toe, if you are able to.

Return your right leg to the starting position. Repeat on other side. Keep alternating until you complete the set.
Bodyweight Side Steps / Lateral Lunges

Primary muscle group(s):
Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:
Abs, Calves

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.

Jumping Jacks / Star Jumps

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
Bench Hops / Box Jumps

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Place your hands on the edges of a stable box or bench. Bend at the waist and keep your core tight. Keeping your gaze towards the bench, put a slight bend in your knees. Explosively jump, launching your body to the opposite side of the bench. Land on both feet and check your form. Again, make sure your core is braced. Repeat the movement, gaining speed as you advance.

Burpees / Squat Thrusts

Primary muscle group(s):
Abs, Glutes & Hip Flexors

Secondary:
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start postion.

Repeat.
Plank

Primary muscle group(s):
Abs

Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

For extra balance training and core strengthening, you can lift one arm or leg.

Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.