



## Lower Body Workout

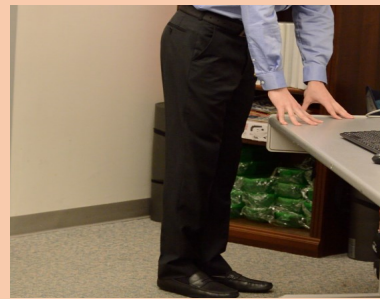
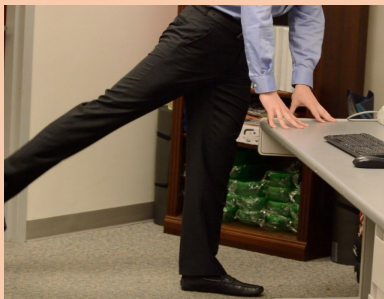
Move through each individual exercise sequentially for one set. For a full workout, complete two sets. The number of repetitions for each exercise is listed below. This workout will take about nine minutes.



**Lunges:** Step forward with your right foot and lower your body until both knees reach a 90 degree angle. Repeat with left foot. Return to standing. Do not let your knee bend over your toes! **Complete 10 lunges on each leg.** For a modified version, pulse in place using your desk as support.



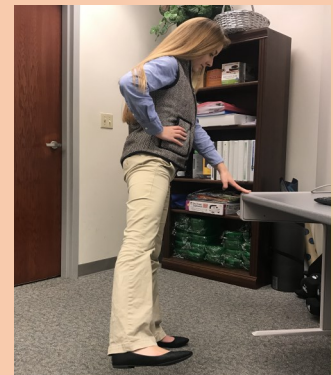
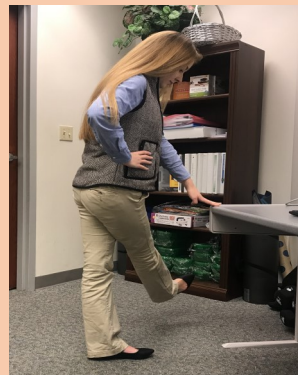
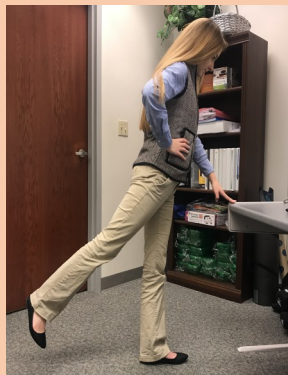
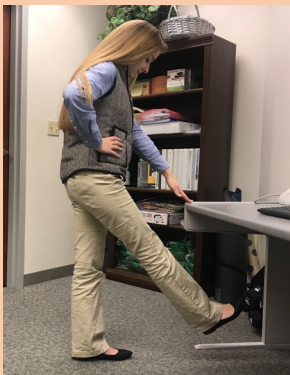
**Squats:** With legs shoulder-width apart, bend the knees and push hips back, keeping your chest up. Stand back up. This is one repetition; **repeat this for 15 repetitions.** For a modified version sit in a sturdy chair and place your feet firmly on the ground; then simply stand. Or, try a squat pulse. Lower yourself to the chair as if you were performing a normal squat, barely tapping the seat of the chair before bringing yourself up to standing.



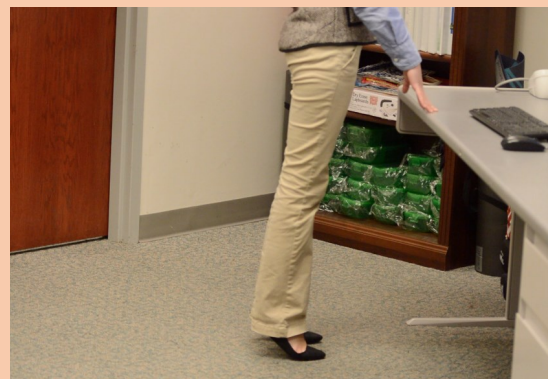
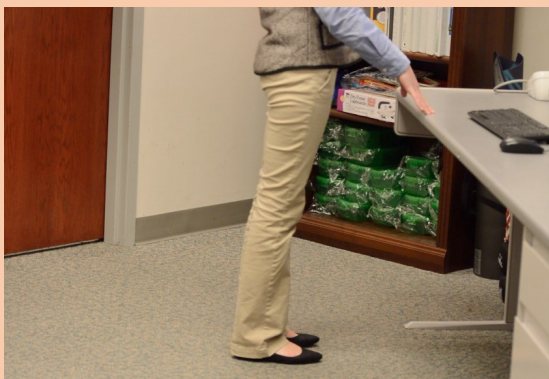
**Skaters:** Kick your right leg back at a 45° angle from your body. Lower it. This is one repetition; **complete 20 repetitions.**



**Wall sit:** Hold this position with your back straight and toes pointed forward for one minute.



**4 way leg extension:** Lift your leg about six inches off the ground in front of you, behind you, across your body, and to the side. This is one repetition. Complete 15 repetitions on each leg.



**Calf Raises:** Lift your heels and shift your weight onto your tiptoes. Hold this position for 1 second before lowering. Repeat this for 20 repetitions.