

RESET!

Workout of the Day



Week 1 Lower Body – by Suzy Riddle, Bob Hoffman Dover Branch YMCA

SET 1 – SQUATS

STANDING SQUAT:

- Feet shoulder width apart with weight in your heels and toes pointed forward, engage your core. Lower to comfortable position keeping feet flat on floor. Rise back up, pressing through heels. Make sure knees do not extend past toes.
- Repeat each of these steps 10 times.
- MODIFICATION: Once you are able to smoothly and easily raise and lower your body with proper form, add light dumbbells for bicep curls. Curls would be done while in the squatted position.

GOBLET SQUAT:

- Stand in a wide position with your feet turned out and your toes in line with your kneecaps and are not to extend past your toes. Slowly lower your body down, making sure to not lean forward as you go down. Keeping chest up, engage your core, squeezing your glutes and thighs together as you return to the starting position. Option: add dumbbell.
- MODIFICATION: If you feel unsteady stand closely behind a chair.

SET 2 – LUNGES

STANDING LUNGE:

- Step forward making sure to step far enough forward so that your front knee is over your ankle and not your toes. With core engaged lower your back knee to the ground. Rise and lower gently, repeating 10 times and switch to other leg.
- MODIFICATION: Use a chair

*Repeat sets 2-3 times.

**Tools needed for modification – lower weight dumbbells*