



Week 5 TNT - Feb. 7 - 13

LOWER BODY WORKOUT

Unlimited points!

Importance of Lower Body Strength

Your lower body acts as the base of your support as you walk, run and jump. Concentrating only on your upper body when you work out is a mistake. Your largest muscles are located in your lower body. They are essential in movements you perform in day-to-day activities or in sports. When you strengthen your lower body, you are strengthening your largest muscles

Read this article: [Why Strength Training is a Must for Everyone](#) 5 points for reading article.

Give yourself 30 points for completing the set of exercises listed

[Bicycle Crunches](#) - 2 sets of 15 each leg

[Leg Lowers](#) - 2 sets of 15

[Reverse Crunch](#) - 2 sets of 15

[Dumbbell Side Bends](#) - 2 sets of 15 each side

[Swimming](#) - 2 sets of 15

[Airplane Pose](#) - 2 sets of 15 each leg

[Dolphin Pose](#) - 2 sets of 15

[Stretch](#) - 5 reps hold 10 - 30 seconds each

OR - Give yourself 10 points for completing this video.

[Denise Austin: Legs & Buns Workout- Level 1 \(10 minutes\)](#)

OR - Give yourself 10 points for completing this video.

[Denise Austin: Legs & Buns Workout - Level 2 \(11 minutes\)](#)

OR - Give yourself 1 point for each exercise set (2 sets of 10 - 15 reps) completed from this page.

[Spark People Lower Body Exercise Demonstrations - Home and Gym Exercise Demonstrations \(Beginner & Advanced\)](#)



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