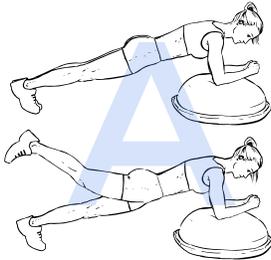


"Legs & Tri's"

Abs, Arms, Legs

[View online](#)

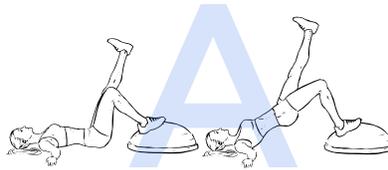
Bosu Ball Plank Leg Lifts



4 sets 15 secs 10 sec rest

Superset A1 · 15 reps on each side

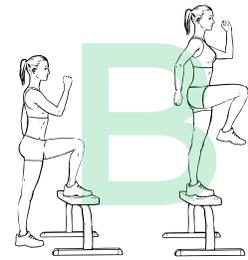
Bosu Ball Single Leg Bridge / Hip Thrusts / Extensions / Raises



4 sets 15 reps 20 sec rest

Superset A2 · 15 reps on each side

Step Up with Knee Raises



5 sets 12 reps 20 sec rest

Superset B1 · 12 reps each side

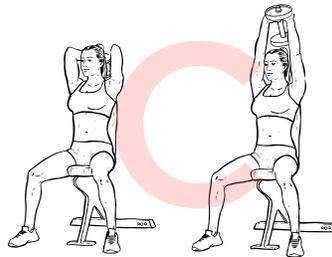
Tricep Dumbbell Kickbacks



3 sets 15 reps 7.5 lbs

Superset B2

Seated Tricep Press / Overhead Extensions



2 sets 30 reps 15-20 lbs

Superset C1

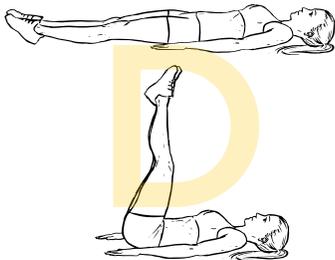
Snap Jumps



2 sets 18 reps

Superset C2

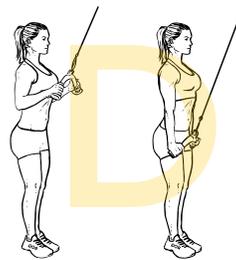
Lying Leg Raises / Lifts



4 sets 15 reps

Superset D1

Tricep Cable Rope Push / Pull Downs



4 sets 15 reps 50 lbs

Superset D2

Bosu Ball Plank Leg Lifts

Primary muscle group(s):

Abs, Glutes & Hip Flexors

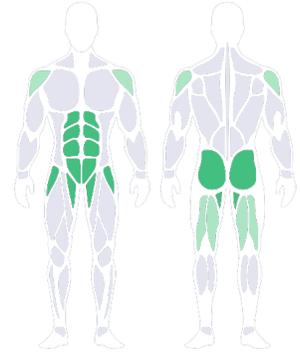
Secondary:

Hamstrings, Shoulders

Place a BOSU Ball on the ground with the blue rubber side facing up. Carefully, place your elbows on each side of the rubber side. Take a push-up position. Make sure your feet are together, core is tight and hips are level.

Slowly, raise your left foot up in the air. Pause, feel the contraction in your glutes and hip flexors then slowly descend. Repeat on the other side.

Continue alternating until the set is finished.



Bosu Ball Single Leg Bridge / Hip Thrusts / Extensions / Raises

Primary muscle group(s):

Glutes & Hip Flexors

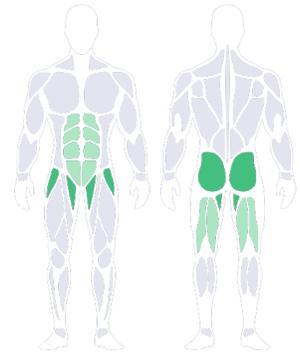
Secondary:

Abs, Hamstrings

Place a BOSU Ball on the ground with the blue rubber side facing up. Lie on the ground and place your right foot on the rubber part of the BOSU Ball. Extend your left leg straight into the air. Extend your arms to the sides and tighten your core.

With your gaze focused on the ceiling, push down with your right foot, elevating your hips. Tighten your glutes when you come to the top of the movement and hold. Slowly, lower your body towards the ground but do not lie back down until the end of the set.

Repeat.



Step Up with Knee Raises

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

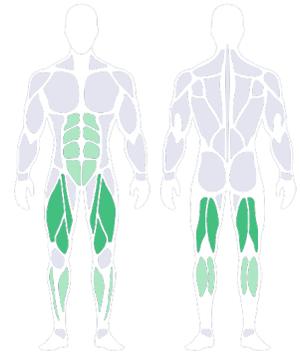
Abs, Calves

Place a chair or wooden box in front of you. Brace your core and lower back.

Step up on the box with your left leg, swinging your arms as you do so.

Take your right knee and raise it in front of you, into the air.

Step down with your right leg. Repeat exercise with the other leg. Keeping alternating sides.



Tricep Dumbbell Kickbacks

Primary muscle group(s):

Triceps

Secondary:

Abs, Forearms

Start by standing to the right of a flat bench with a dumbbell on the floor to your right.

Place your left knee on the bench with your left hand palm down on the bench in front of it. In this position, keep your back straight.

Pick up the dumbbell with your right hand using an overhand grip.

Raise your arm until it is in line with your body, keeping your elbow tucked into your side and bent to a 90 degree angle. Your forearm should be pointing straight down to the floor.

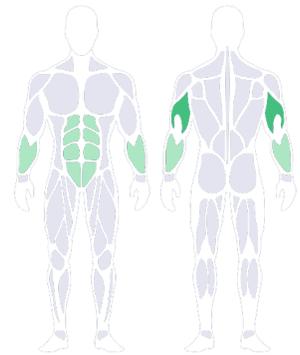
Extend your arm using your triceps to lift the weight until it is level with your shoulder.

Hold for a count of one while squeezing your tricep.

Lower to the starting position by bending your elbow to 90 degrees. Hold and repeat.

Complete the set for your right arm before changing stance to work your left arm.

! Only your forearm should move during this exercise. Keep your elbow in line with your shoulders at all times throughout the movement.



Seated Tricep Press / Overhead Extensions

Primary muscle group(s):

Triceps

Secondary:

Abs

Sit on a bench with back support.

Grip a dumbbell at one end using both hands. Your palms should be facing inward.

Hold the dumbbell overhead with your arms fully extended. This is the the start position.

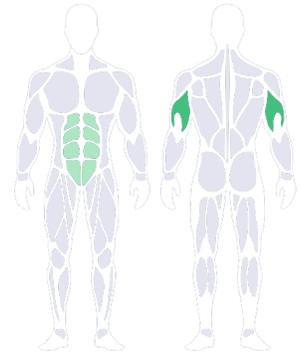
Keep your upper arms close to your head (biceps roughly level with your temples) and near to 90degrees to the floor.

Moving only your forearms, lower the dumbbell in a smooth arc behind your head until your forearms and biceps touch. Hold for a count of one.

Return to the start position by using the triceps to extend your arm and raise the dumbbell. Exhale as you do this.

Repeat.

⚠ This exercise can be performed standing. However, it places an extra strain on your back so is not recommended for people with lower back problems. You can also perform this exercise using an EZ bar or straight bar with a close grip behind your head, palms facing forward.



Snap Jumps

Primary muscle group(s):

Abs, Glutes & Hip Flexors

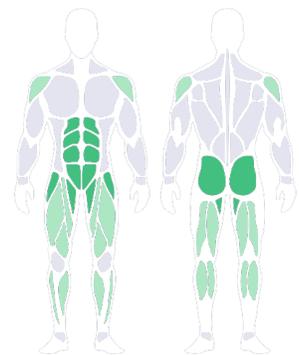
Secondary:

Calves, Hamstrings, Quadriceps, Shoulders

Lie face down on a padded surface. Place your hands beneath your shoulders and make sure your feet are extended straight behind you. Push yourself up into a classical Push-Up position. Keep your hips are slightly elevated. Tighten your core.

Keeping your gaze straight, push off the ground with your feet. Bending your knees, allow your feet to come up near your hands.

Immediately, push off the ground again with your feet, extending your legs straight behind you once again to the starting position.



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

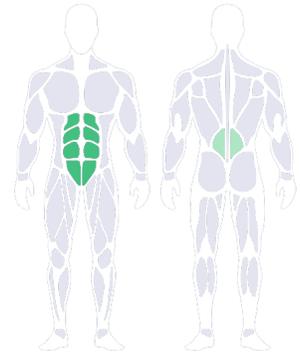
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



Tricep Cable Rope Push /Pull Downs

Primary muscle group(s):

Triceps

Secondary:

Abs, Forearms

Set up a cable station with a straight bar on attached to the top pulley.

Grip the bar with an overhand grip, with your hands slightly less than shoulder width apart.

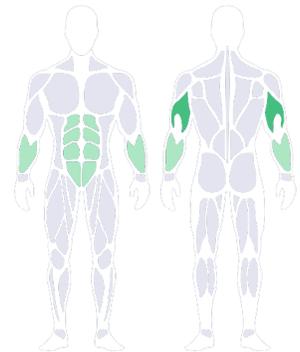
Position your feet shoulder width apart, with knees slightly bent for stability.

Pull the bar down until your forearms are parallel to the floor with your elbows close to your body and your wrists locked in a straight position. This is your starting point.

Moving only your forearms, push the bar down towards the floor until your arms are fully extended and you feel a stretch in your triceps. Hold for a count of one and squeeze your triceps.

Return to the start position moving your forearms only. Hold for a count of one then repeat.

! Do not move your elbows or swing your hips for momentum during this movement.

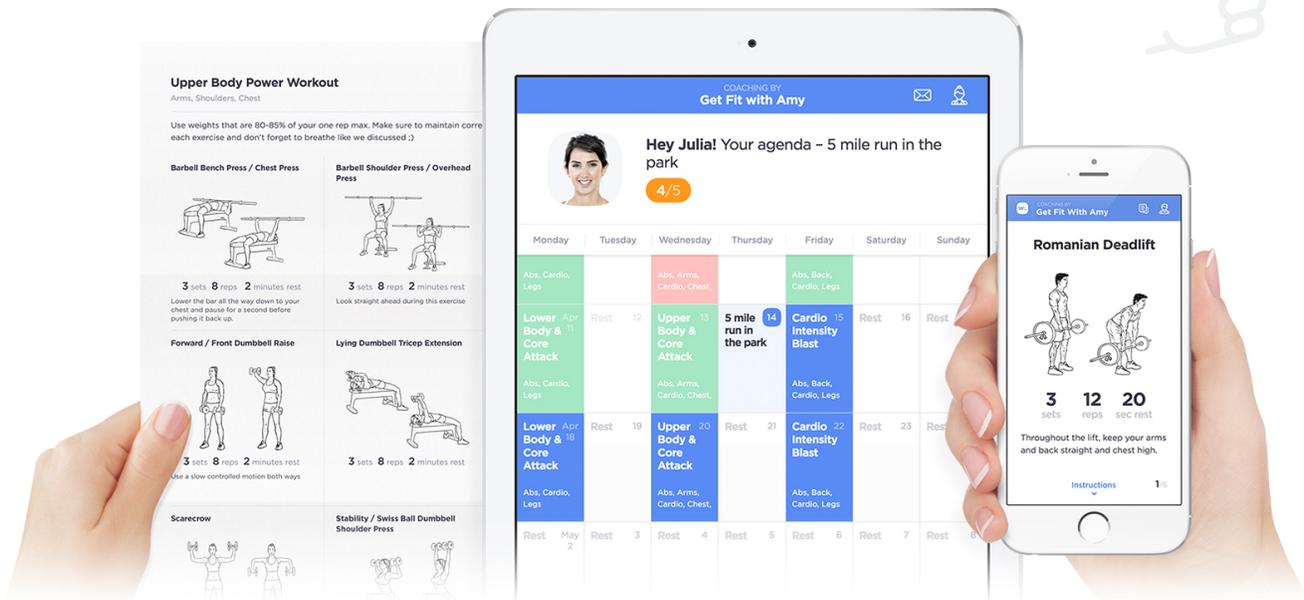


VFIT

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Motivated? Get in touch to discuss how we can reach your fitness goals with **simple online personal training!**



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