

Lower Body Blast Exercises

The following exercises use a variety of equipment that will specifically challenge your Lower Body muscle groups. These functional exercises will also focus on some Upper Body muscles; especially targeting the core. Functional training will lead to better muscular balance and joint stability; training that incorporates the body's natural ability to move in every degree of motion. Depending on your client's goals and specific aims, you can pick and choose the exercises you wish to use. These exercises will add variety to your workouts; integrating movement, fluidity of human performance and conditioning. They will also help to increase motivation and enjoyment; your clients will have fun whilst reaching their goals. Simply alter the reps and sets to suit your clients programme requirements.

MAIN TARGET MUSCLES:

1. Quadriceps
2. Hamstrings
3. Erector Abdominis
4. Erector Spinae
5. Pectoralis Major
6. Serratus Anterior
7. Gluteus Maximus
8. Internal & External Oblique's
9. Iliopsoas
10. Glute Medius
11. Piriformis
12. Adductors
13. Gastrocnemius

ORIGIN:

1. Rectus Femoris, upper shaft of Femur
2. Ischial tuberosity, Biceps femoris
3. Pubic crest
4. Sacrum, Iliac crest. Vertebrae, ribs
5. Clavicle, sternum
6. Ribs
7. Ilium, Sacrum & Coccyx
8. Lower eight ribs, iliac crest
9. Lumbar Vertebrae
10. Ilium
11. Sacrum
12. Pubic Bone, Ischial tuberosity
13. Lower posterior of Femur

INSERTION:

1. Patella, anterior part of tibia
2. Tibia & Fibula
3. Xiphoid process
4. Ribs, vertebrae. Occipital bone
5. Humerus
6. Scapula
7. Femur
8. Iliac crest, linea alba, bottom three or four ribs
9. Femur
10. Top Femur
11. Top Femur
12. Medial Side of Femur
13. Posterior surface of Calcaneus (heel bone)

The Grid Lunge

Start position:

- Place The Grid in front of you with one foot on top and the other leg back so you are in a lunge position.

Transition phase:

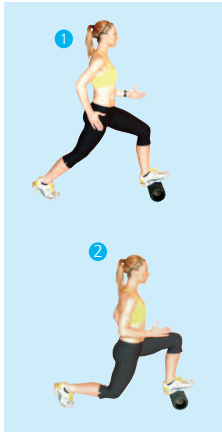
- Drop the back knee down towards the floor keeping good balance and control. Drive down through the middle of the foot on The Grid. You will feel your core firing as you balance and stabilise through the movement.

End position:

- Drive back up keeping good posture

Teaching points:

- Keep your spine in neutral and core braced
- Keep good posture



The Grid with Bridge/Walk

Start position:

- Lie on your mat and place the bottoms of your feet on The Grid; knees flexed. Keep your spine in neutral, palms up and shoulders relaxed.

Transition phase:

- Start to raise your hips into a bridge position. Add in the bridge walk, raising one leg off The Grid and keeping a 90 degree bend at the knee of the other leg.

End position:

- Drop the hips back down and repeat

Teaching points:

- Fire the Glutes up keeping them activated and freeing up the hips so they can move ultimately.



Burpees with The Grid

Start position:

- Place The Grid on the floor in front of you and stand behind it in an athletic position; ready to start.

Transition phase:

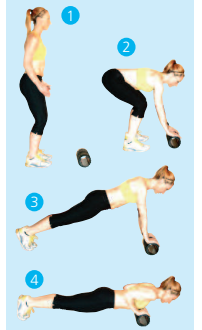
- Drop into a squat position, placing your hands on top of The Grid. Jump your feet back, so you are assuming a plank position. Now complete a push-up and then jump the feet back in, re-assuming the squat position.

End position:

- Then explode up with a jump! You can modify this by holding onto The Grid either side with your hands and place your fingers through the inside. As a modification you can also step the feet in and out instead of jumping. Also, instead of the vertical jump perform a squat only, reaching the arms up.

Teaching points:

- Keep your core braced for stabilisation
- Keep your spine in neutral as you hold in a plank position, keeping strong throughout the shoulder and hip girdle



freeFORM Board Side Lunge with ViPR

Start position:

- Stand tall and place one foot on top of the freeFORM Board. Hold the ViPR in front of the thighs, with arms slightly flexed.

Transition phase:

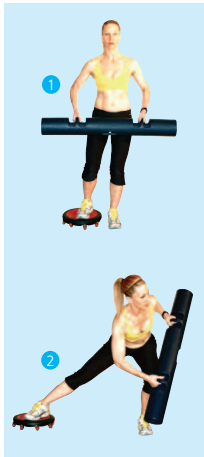
- Bend the standing leg as you drive the freeFORM Board laterally and rotate the torso in the opposite direction, with the ViPR vertically coming to the outside of the other foot.

End position:

- Pushing the hips back load on the quads and glutes of the standing leg, eccentrically loading the adductors of the freeFORM leg, mobilising the scapula, thoracic spine and Core.

Teaching points:

- Keep the movement fluid with balance and control
- Keep the core braced



freeFORM Board Deadlift with Kettlebells

Start position:

- Stand tall and place one foot on the freeFORM Board with one Kettlebell in each hand.

Transition phase:

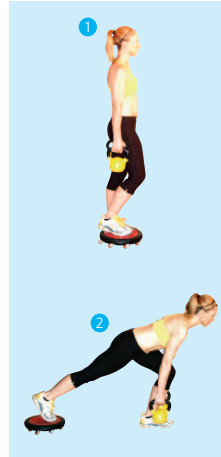
- Bend the standing leg and bend the torso forward from the hip, as you drive the freeFORM leg back posteriorly.

End position:

- Reach the hands forward with the Kettlebell's toward the floor, being sure to keep the spine extended.

Teaching points:

- Core braced
- Spine extended



freeFORM Board Hip Drivers with BOSU® Balance Trainer

Start position:

- Turn the BOSU® Balance Trainer flat side up. Place your hands on the freeFORM Board and the other on the floor. Assume plank position.

Transition phase:

- Drive the freeFORM leg into flexion/extension, abduction/adduction and internal and external circumduction.

End position:

- Repeat on the other side. For a modification this can be performed with dome side up for less of a balance challenge.

Teaching points:

- Keep your Spine in neutral, strong and core braced



BOSU® Balance Trainer Lateral Bound with X-Forcer Tube Torso Rotation

Start position:

- Place the Door Anchor attachment firmly into the door approximately half way with the X-Forcer Tube attached. Choose your level accordingly. Place both hands on the handle. Stand laterally in a single leg stance. Make sure you have enough tension on the X-Forcer Tube. Position the BOSU® Balance Trainer to your side.

Transition phase:

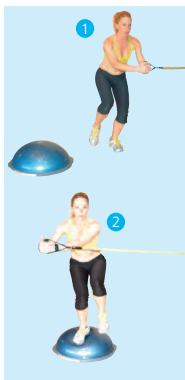
- Loading on the legs with quick firing movements, jump the outside leg onto the BOSU® Balance Trainer simultaneously completing a torso rotation with the X-Forcer Tube.

End position:

- Complete with speed and control for the required repetitions or time, then repeat on the other side. Increase by taking the BOSU® Balance Trainer further away with larger lateral bounding jumps performed.

Teaching points:

- Brace the core, keeping balance and control throughout the movement



Stability Ball & X-Forcer Tube Leg Blaster

Start position:

- Place the Door Anchor attachment firmly into the door approximately half way with the X-Forcer Tube attached. Either place your foot through the handle or through an ankle strap attachment.

Transition phase:

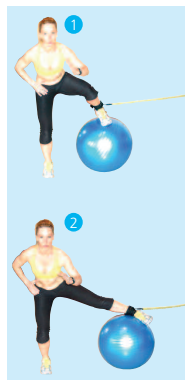
- Sit the foot at the top of the ball. The outside leg is your plant and should maintain a bent knee position. Hips back and abdominals are set. To activate the inner-thigh muscles, the initial movement comes from the in-side of the foot pressing down on the ball. Roll the ball toward you by bringing your hip in.

End position:

- Return to the starting position by releasing your leg, allowing it a full range of motion on return.

Teaching points:

- Maintain natural curve in your lower back and keep the hips back
- Core braced



Crossover Lunges with X-Forcer Tube and Medicine Ball

Start position:

- Firmly place the door anchor at the bottom of the door frame, with the X-Forcer Tube and ankle strap attached. Turn laterally to the side with the ankle strap around the ankle of the inside leg. Hold the Medicine Ball in both hands.

Transition phase:

- Move away from door to create tension on the X-Forcer Tube. Lunge diagonally to your right, whilst reaching across with the Medicine Ball. Repeat with the other leg.

End position:

- Repeat for the required amount of repetitions. Progress the exercise to move in all range of motions and move more dynamically with the Medicine Ball.

Teaching points:

- Keep the core braced
- Spine in neutral



Kelly Edwards Kelly currently works for GRAVITY UK and Physical Company as a Master Trainer for their many programmes and products. After beginning her fitness career travelling the world for Steiner, Kelly settled into her managerial roles for both the David Lloyd and Esporta chains. Having received recognition for 'Club of the Year' at David Lloyd, Kelly went on to forge a successful training background nationally. She now runs and markets her own 'Bootylicious' outdoor bootcamp workouts which have received widespread media attention in the UK.

The Next Programme on a Plate series is based on Peripheral Heart Training.