

# How-to Workout LOWER BODY

Including Hamstrings,  
Quads, Calves and Glutes



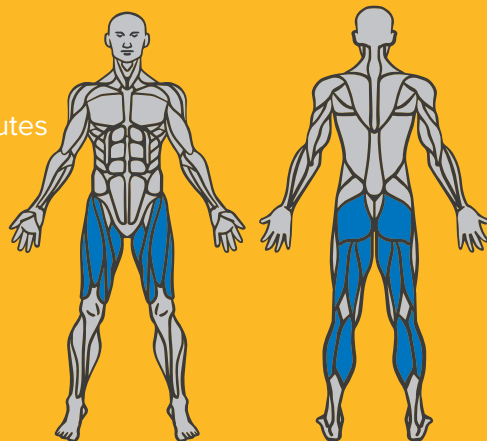
Cardio



Conditioning



Strength



## Did you know?

When you take one step, you are using up to 200 different muscles.

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# Fit 4 Less

# EveryBody is different. Work your way up to the recommended time or reps/sets.

## CARDIO



Improve heart health and increase your metabolism by performing one of the following exercises.



**Jump Squats**  
15-20 reps x 3 sets



**Stationary Bike**  
10-15 minutes



**Treadmill**  
10-15 minutes

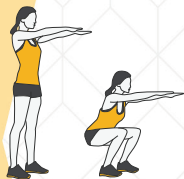


**Stair Climber**  
10-15 minutes

## CONDITIONING



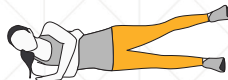
Use your body weight to tone. Lower weight means increased reps.



**Squat**  
12-15 reps x 3 sets



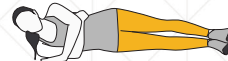
**Lunges**  
12-15 reps x 3 sets



**Leg Raises**  
12-15 reps x 3 sets



**Hip Bridges**  
12-15 reps x 3 sets



**Leg Raises**  
12-15 reps x 3 sets

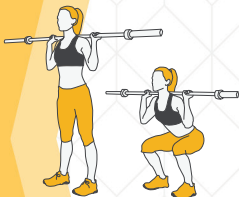


**Hip Bridges**  
12-15 reps x 3 sets

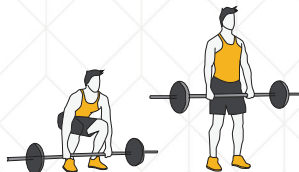
## STRENGTH



Add some weight to help build muscle. Increased weight means decreased reps.



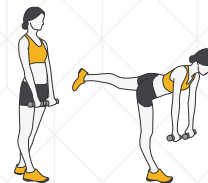
**Weighted Squat**  
8-10 reps x 3 sets



**Deadlift**  
8-10 reps x 3 sets



**Leg Press**  
8-10 reps x 3 sets



**Single Leg Weighted Deadlift**  
8-10 reps x 3 sets

This handout is for informational purposes only and should not be taken as professional or medical advice. Always consult your physician before beginning any exercise program or completing any of the exercises illustrated on this handout. It is your sole responsibility to evaluate your own medical and physical condition and to independently determine whether to perform any of the exercises on this handout. Fit4Less specifically disclaims liability for incidental and/or consequential damages and assumes no responsibility or liability for any loss or damage whatsoever suffered by any person as a result of the use or misuse of any information on this handout.