Lower Body Strength Handout

GUIDELINES FOR HOME EXERCISE

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Please consult your physician before performing any of these exercises

**Frequency**
- 2-3 non-consecutive days per week
- 1-2 sets

**Intensity**
- Rated Perceived Exertion (RPE) 12-14 (somewhat hard)
- 10-15 repetitions
- Rest 60 seconds between each set

**Type**
- Resistance Bands
- And Dumbbells

**Time**
- Should not interfere with cardiovascular training

**Progression**
- Increase workload when you can safely complete 15 repetitions on each exercise

**Key Aspects:**
- Use slow, controlled movements
- Exhale on exertion
- Avoid straining
- Stop training if you have any joint pain during the movement
- Minimize rest between set exercises
- Burning sensation in muscles is normal
Lower Body strength exercises – Calves and Anterior Tibialis

**Calf Raises**
- Take your weights in each hand (optional) and stand upright.
- Slowly raise your heels off the ground as high as you can.
- Stay on the balls of your feet for one second.
- Slowly lower your heels to the floor.
- Complete 10 repetitions.
- Place your hands on a chair to stabilize yourself if balance is an issue.

**Toe Raises**
- Take your weights in each hand (optional) and stand upright.
- Slowly raise your toes off the floor as high as you can.
- Be mindful to keep your weight on your heels.
- Slowly lower your toes to the floor.
- Complete 10 repetitions.
- Place your hands on a chair to stabilize yourself if balance is an issue.

Lower Body strength exercises – Quadriceps and Glutes

**Squat**
- Take your weights in each hand (optional) and stand upright.
- Bring weights to shoulder height.
- Bend your knees and squat down like you are about to sit in a chair.
- Keep your knees behind your toes.
- There should be a slight arch in your lower back but no leaning forward.
- Stop when your thighs are parallel with the floor.
- Return to the starting position.
- Complete 10 repetitions.

**Squat – Single Leg – optional**
- Take your weights in each hand (optional) and stand upright.
- Stand on your right leg.
- Bend your knee and squat down like you are sitting in a chair.
- Keep your knee behind your toes.
- There should be a slight arch in your lower back but no leaning forward.
- Stop when your thigh is parallel with the floor.
- Return to the starting position.
- Complete 10 repetitions then switch legs.
- Be mindful of your balance and hold onto a chair or place your foot on the floor if necessary.
Lower Body Strength Exercises - Hamstrings

Dumbbell Stiff Legged Deadlifts
• Take your weights in each hand (optional) and stand upright.
• Bend your knees slightly.
• Begin by imagining a chair is behind you and you are pushing it back with your bottom.
• Continue pushing back until you feel a slight stretch in the back of your leg.
• Keep your back straight throughout the movement.
• Return to the starting position.
• Complete 10 repetitions with good form.

Dumbbell Stiff Legged Deadlifts – Single Leg - optional
• Take your weights in each hand (optional) and stand upright.
• Stand on your right leg.
• Make sure you have good center of gravity and balance before starting.
• Begin by imagining a chair is behind you and you are pushing it back with your bottom.
• Continue pushing back until you feel a slight stretch in the back of your leg.
• Keep your back straight throughout the movement.
• Return to the starting position.
• Complete 10 repetitions with good form and then switch sides.

Lower Body Strength Exercises – Hip Flexors

Knee Ups – Alternating
• Take your weights in each hand (optional) and stand upright.
• Place weights on your thighs just above your knees.
• Slightly bend your knee and raise your right leg off the floor.
• Raise your knee until it is parallel with your waist.
• Slowly lower and then raise your left leg off the floor.
• Continue alternating legs until you complete 10 repetitions on each side.

Reference