Workout 3- LEGS!!!

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Leg day Neandrathal style

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Regular workout

Created by Dylan Miranda on Today, last updated on Today.

est. 46 minutes

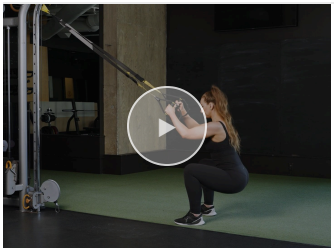
Equipment

Body weight | Machine | Suspension

Instructions

Leg day Neandrathal style

Suspension Squat	3 sets x 10	Rest 30 sec between sets
Machine Seated Leg Extension	3 sets x 15	Rest 45 sec between sets
Machine Seated Leg Curl	3 sets x 15	Rest 45 sec between sets
Machine Seated Abduction	3 sets x 15	Rest 90 sec between sets
Hack Squat Machine	3 sets x 10	Rest 90 sec between sets
Angled Machine Single Leg P...	3 sets x 10	Rest 90 sec between sets
Knee Up Crunch	3 sets x 45 sec each	Rest 45 sec between sets
Hollow Body Hold Flutter Kicks	3 sets x 45 sec each	Rest 45 sec between sets



Suspension Squat

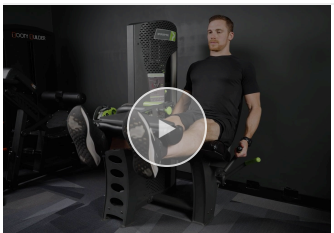
1.When performing this exercise, you wanna make sure that you have a safe back.

2.To do so, you wanna set it with slight arch at the bottom of the squat.

3.Also, since this is a lower body exercise, you wanna ensure the you're driving from your hips so your glutes will be active at the top of the squat.

4.With your back, shoulders, and core tight, push your knees and butt out and you begin your descent.

5.To make this exercise more challenging, move your feet closer to the straps. To make it easier, move your feet further away.



Machine Seated Leg Extension

1) For this exercise, ensure that the pad rests just above the ankle.

2) Secondly, you wanna make sure that the weights don't tap down in between each repetition.

3) Keep a tall body throughout the exercise.

4) Extend your knees fully, raising your legs straight out.

Machine Seated Leg Curl

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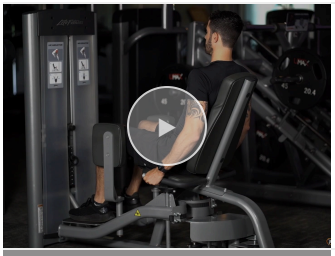
1.Adjust the machine lever to fit your height and sit on the machine with your back against the back support pad. Legs fully straight in front of you, back of lower legs on top of the padded lever. Grasp the side handles on the machine as you point your toes straight.

2.Curl your legs downward as far as possible.

3.Return to starting position.

4.Repeat.

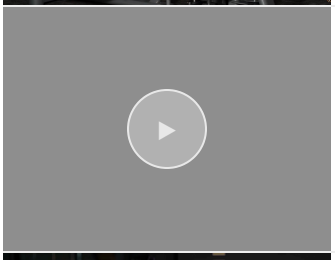


Machine Seated Abduction

1.Sit upright in the machine with the leg pads at the outside of your knees with your knees together and your feet on the foot pegs.

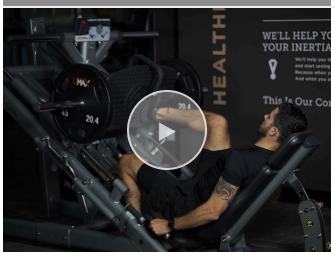
2. Push your knees apart, bringing the pads away from each other.

3. Bring your knees back together, returning to starting position. Repeat.



Hack Squat Machine

Sled pull if occupied

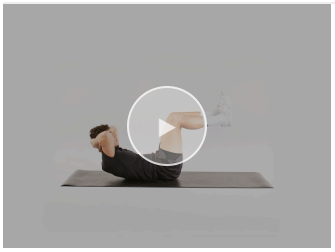


Angled Machine Single Leg Press

1. Start seated on the leg press machine, with a single foot on the plate.

2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.

3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top. Repeat.



Knee Up Crunch

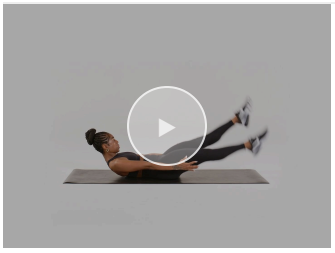
1) Lie on your back with your knees up at a 90-degree angle. Hands behind your head, light fingertip pressure only.

2) Exhale and contract your abs, as you slowly lift your shoulder blades off the floor.

3) Press your low back into the floor and think about pulling your belly button to your spine. Pause at the top of the movement.

4) Inhale and slowly control your body back to the start position.

5) Perform this exercise very slowly to avoid using momentum to help. Your body should remain perfectly still during the movement.



Hollow Body Hold Flutter Kicks

1) For this exercise, you'll come up in a V position.

2) Sitting on your sit bones and your pelvis.

3) Make sure that your abdominals are tight and pulled in, not leaning back, loading your lower back.

4) From there, kick your legs in an alternate pattern.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Suspension Squat	reps	reps	reps
Machine Seated Leg Extension	reps x lbs	reps x lbs	reps x lbs
Machine Seated Leg Curl	reps x lbs	reps x lbs	reps x lbs

Machine Seated Abduction	reps x lbs	reps x lbs	reps x lbs
Hack Squat Machine	reps x lbs	reps x lbs	reps x lbs
Angled Machine Single Leg Press	reps x lbs	reps x lbs	reps x lbs
Knee Up Crunch	reps	reps	reps
Hollow Body Hold Flutter Kicks	reps	reps	reps

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