

Own the podium

Week 1: "Rock Bottoms"

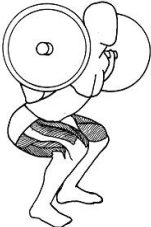

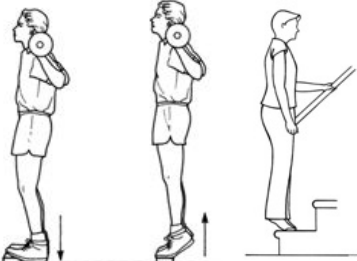
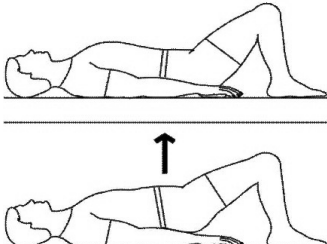
Rock Bottoms = Quadriceps, Hamstrings, Gluteus Maximus, Gastrocnemius

Why Strengthen the Lower Body?

Strengthening the lower body is vital to support the rest of the body. The legs carry the body through lifting, movement and physical activity. The more muscle mass, the more calories being 'burnt' (utilized) even after exercising.



Lower Body Exercises

<p>Quads: Squats</p> 	<p>Standing with your feet wider than shoulder width apart and your toes pointed forward. Inhale, slowly lower your body and remember to bend slightly at your hips. Keep your weight on your heels and your back as upright as possible. Make sure your knees don't cross the plane of your toes. Exhale as you straighten legs and come up to the starting position to complete one rep.</p> <p>Complete 3 sets of 8-12 reps.</p>
<p>Quads and Glutes: Lunges</p> 	<p>Stand with your feet about 6 inches apart from each other toes pointed forward. Inhale and step forward with one leg and lower your body to 90 degrees at both knees. Don't step out too far. There should be 2 to 2.5 feet between your feet at this point. Keep your weight on your heels and make sure your knees are behind your toes. Exhale and push up and back to the starting position to complete one rep.</p> <p>Complete 3 sets of 8-12 reps on one leg, and repeat on the other leg.</p>
<p>Gastrocnemius: Calf Raises</p> 	<p>Stand facing a wall or back of chair and lightly hold onto it with fingertips to aid balance. Legs should be shoulder-width apart and straight. Do not lock knees. Exhale and rise up on balls of feet, and hold for 2 seconds. Inhale as you return to start position and repeat.</p> <p>Complete 3 sets of 8-12 reps.</p>
<p>Glutes: Glute Raises</p> 	<p>Lie with arms at sides, feet on floor, knees bent. Press into heels. Exhale and slowly lift hips off of floor toward ceiling, squeezing the glutes (butt). Inhale as you return to starting position.</p> <p>Complete 3 sets of 8-12 reps</p>

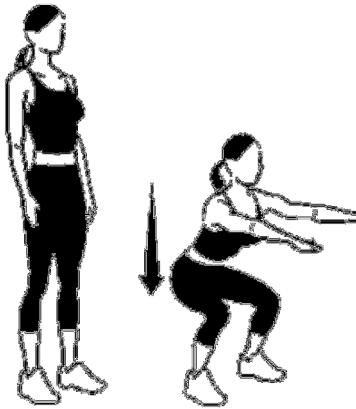
Self Test

Instructions: Every time you complete **1 set of 8-12 reps**, give yourself a check mark.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
✓							
Weekly Total							

Race Day Event

Sit Squats



Muscle: Quadriceps

Significance: Lower body strengthening

Instructions:

1. Stand with your feet shoulder width apart.
2. Begin the movement by flexing your knees and hips, sitting back with your hips.
3. Continue until you have squatted to 90°. Keep your weight back on your heels, back upright as possible, and knees behind the plane of your toes.

Test: Hold for as long as you can in the last position.

Resources: <http://www.sparkpeople.com/>, <http://www.tbfin.com/>