



Prairie Fit's Lower Body Circuit

This circuit is designed to work your lower body (which will get your heartrate up).
You will need a timer and water.

For reference to all the exercises listed, use the videos in our library
(some videos have a low impact and high impact option)

REMEMBER: keep knees soft, pull your tummy in towards your spine, put your shoulder blades in your back pockets and breathe

Warm up

- March in place - 2 minutes
- Jog in place - 2 minutes
- Jumping jacks - 2 minutes
- Hamstring curls - 1 minute
- High knees - 1 minute
- Light stretches - 2 minutes

**Perform each exercise for 1 minute, rest 30 seconds in between.
Complete circuit 3 times.**

- Squat
- Skaters
- Calf raises
- Frog jumps
- Front kicks
- Pendulum lunges - each leg
- Wall sit
- Flutter kicks
- Rest 2 minutes 30 seconds

Any questions please contact Brenda Boryca, Fitness Supervisor
boryca@plfdparks.org