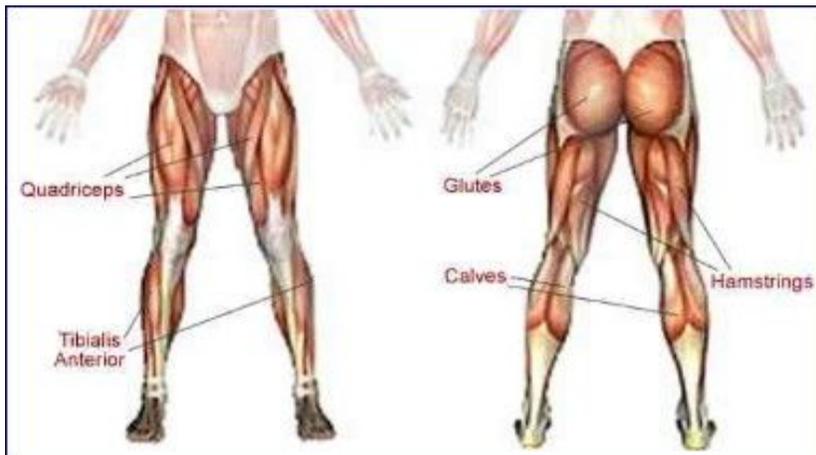


Lower Body Strength 6-8

Your lower body includes your hips, bottom, and legs. The muscles in your lower body are your Quadriceps, Glutes, Hamstrings, and Calve muscles. These are amongst the strongest muscles inside of your body. Your lower body plays a very important role in your fitness. It gives your body balance and agility . Increasing strength in your lower body makes you stronger, faster, and gives you more stamina. Having a strong lower body will burn more calories. Lastly, more muscles mass will improve your athletic performance.



Squats and Lunges are amongst the top strength training exercises that you can do to engage all lower body muscles and build strength.

****ALWAYS STRETCH BEFORE EXERCISING****

Squats

Squats work several muscle groups -- your quadriceps, hamstrings, and glutes -- at the same time.

Proper form: Keep your feet shoulder-width apart and keep your back straight. Bend your knees and lower your bottom as if you were sitting down in a chair.

Practice with a real chair to master this move. First, sit all the way down in the chair and stand back up. Next, barely touch the chair's seat before standing back up. Work up to doing the squats without a chair, keeping the same form.

Modification* Practice with your back against the wall - Wall squats

Lunges

Lunges work all the major muscles of your lower body. They can also improve your balance.

Try It: Take a big step forward, keeping your back straight. Bend your front knee to about 90 degrees. Keep weight on your back toes and drop the back knee toward the floor. Don't let the back knee touch the floor.

Included are some great lower body exercise routines that you can try at home :)

<https://www.youtube.com/watch?v=1gW2orni9ms>

<https://www.youtube.com/watch?v=REFSXurvDTM>

<https://www.youtube.com/watch?v=wzJelmXNTDA&t=21s>