

A person is shown from the waist down, performing a wide-legged squat. They are wearing a pink sports top, black shorts, and black sneakers with pink accents. The background is a textured, grey concrete wall. The person's legs are spread wide, and their torso is leaning forward, emphasizing the muscles of the legs and glutes.

JERSEY STRONG®

GET DEFINED LEGS

DESIGNED BY JERSEY STRONG PERSONAL TRAINERS

FULL BODY WORKOUT FOR DEFINED LEGS

This exercise program was designed by Personal Trainers at JERSEY STRONG – it's a full-body workout with an intense focus on getting you definition in your legs.

This workout is comprised of 5 highly effective exercises specifically chosen to help you get definition in multiple areas of your legs. Each exercise has a group of main muscles that it works, along with a secondary group that also get worked.

Our Personal Trainers designed this workout to not only hit your legs hard, but to also increase your fat burn! And that's why this workout is best performed in a circuit format, one exercise right after another with a work-to-rest ratio of 30-50 seconds of work to 10-30 seconds of rest – all depending on your personal fitness level. Complete the circuit 3-5 times with 1-2 minutes of rest between each circuit – again, depending on your personal fitness level.

IMPORTANT: Each time you perform the workout you should be thoughtful of proper form, and you should be trying to slightly increase your intensity (but not at the sacrifice of proper form). Remember, results come from sticking with your workouts and your body being challenged by intensity and change. Our bodies are built to adapt and if we do any workout for too long, our workout results will plateau - so it's important to change-up your workout plan regularly to keep your muscles challenged and your results coming.

DISCLAIMER: Information contained in this guidebook is provided for informational purposes and is not meant to substitute advice provided by your own physician or other medical professional. Always seek guidance from your own physician or other medical professional before engaging in any physical activity program. Information contained in this guidebook is not intended to diagnose, treat, cure or prevent disease.

EXERCISE #1

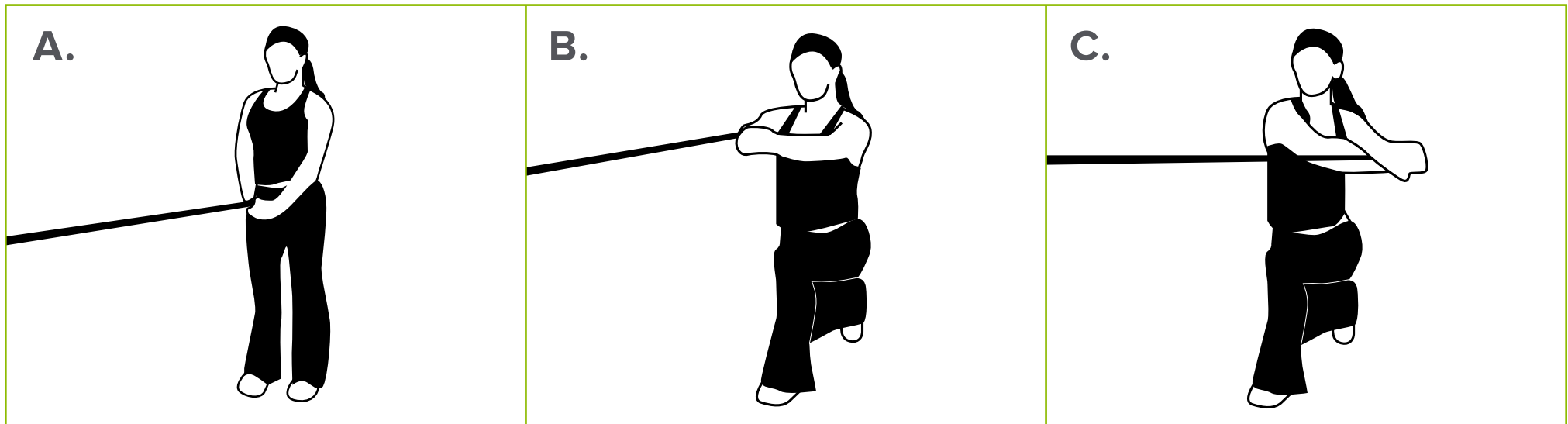
LUNGE WITH TRANSVERSE PLANE PULL

Main Muscles Worked: Gluteus Maximus, Anterior Obliques, Hip Adductors

Secondary Muscles Worked: Hip Flexors, Hamstrings, Quadriceps

Description

The lunge is a favorite lower body exercise among top Personal Trainers and athletes. By adding resistance in the transverse plane you can amplify the muscles that are activated while working your oblique muscles. The resistance can come from a cable multi-station or tubing. Keep the resistance light and focus on controlling the movement throughout the range of motion. Start by stepping forward with your left leg. As you reach the full lunge position, rotate against the tubing and pull across your body. This really works the anterior oblique system, the oblique's on the right with the hip adductors on the left. Keeping the arms long increases the torque around the center of the body and makes those muscle groups work harder. Once you do that, reverse it and complete the same move on the opposite side.



EXERCISE #2

QUADRUPED HIP EXTENSION

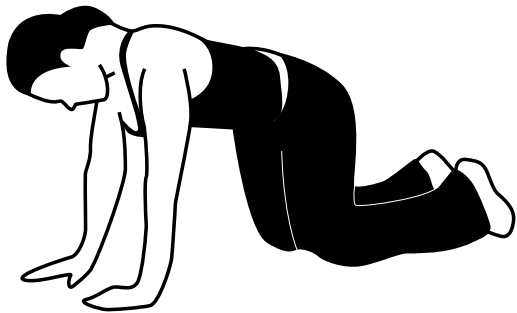
Main Muscles Worked: Gluteus Maximus, Low Back

Secondary Muscles Worked: Abdominals, Chest, Triceps

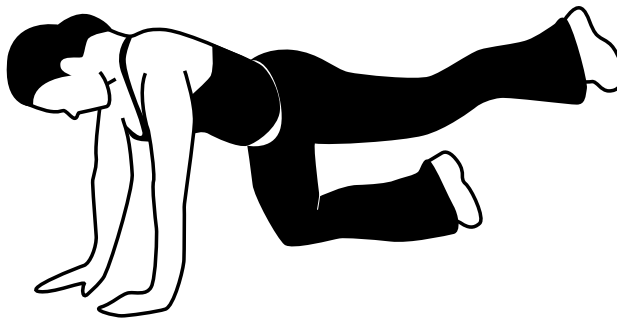
Description

To begin the movement position yourself on all fours with your body square like a box. Then brace with your abdominals, so you're not doing a posterior tilt but bracing with all of your abdominals at this point. From here, bring your left leg out straight behind you, level with the rest of the body. Avoid arching your back or raising your head. Reverse the movement and bring your leg back to the start position. Be aware of your body position as you alternate legs and try to prevent shifting your weight from one side to the other.

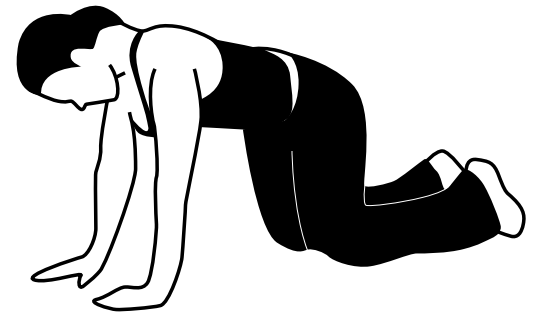
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EXERCISE #3

ROMANIAN DEAD LIFT TO HEEL RAISE

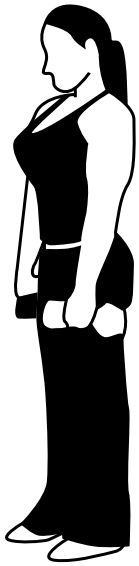
Main Muscles Worked: Quadriceps, Gluteus Maximus, Hamstrings, Calves

Secondary Muscles Worked: Low Back

Description

By combining the dead lift movement with a heel raise you can effectively work your entire low body while adding some useful stabilization movements. Begin by finding light to moderate weight dumbbells and/or kettle bells. Stand with your feet should width and arms down to your sides. Bend your torso to a dead lift position and rise back up to the starting position, then rise up on the balls of your feet. Do not rotate your ankles or feet when rising into the heel raise. If you are unsure of the proper technique for a dead lift, think of bending down to pick up 2 heavy suitcases in front of your body. The movement is very similar to a squat. Keep your midsection tight and spine in neutral alignment.

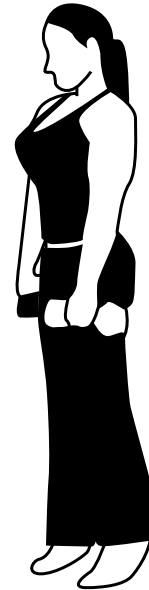
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EXERCISE #4

SIDE LYING ABDUCTION

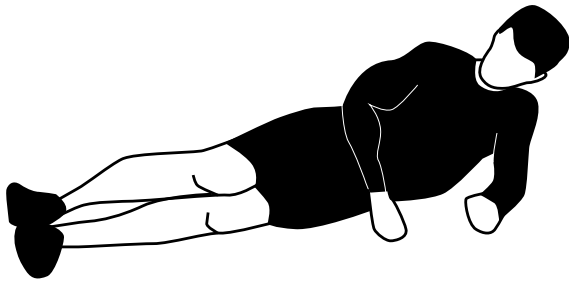
Main Muscles Worked: Adductors

Secondary Muscles Worked: Shoulders

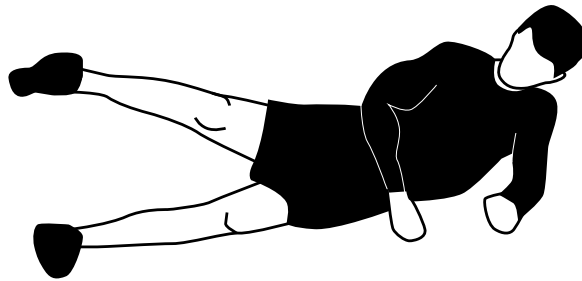
Description

This exercise is a simple movement to hit your adductor muscles. Don't let the simplicity of the exercise fool you. Poor form will lead to poor results. Position yourself on your side so your upper body is supported by your elbow and your legs stacked on top of each other. Raise your leg upward about 6-12 inches and lower back down. To increase the difficulty of this exercise, rest a body bar on the outside of your top foot. This will provide extra resistance. If you find yourself rotating your torso forward or during the movement shorten your range of motion and/or remove any resistance.

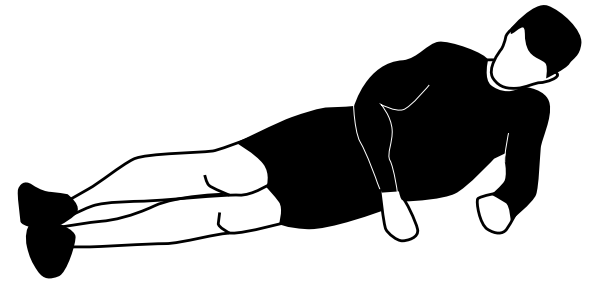
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EXERCISE #5

SQUAT WITH HEEL RAISE

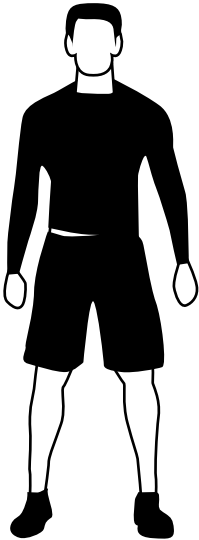
Main Muscles Worked: Gluteus Maximus, Quadriceps, Hamstrings, Calves

Secondary Muscles Worked: Abdominals, Shoulders

Description

The Squat is widely recognized as the #1 exercise for not only your lower body, but your entire body! This variation incorporates a heel raise at the end of the movement to add some calf activation. Begin the movement by standing with your feet shoulder width and arms comfortably down to your sides. Descend into a squat position focusing on achieving the proper “sitting” position and keeping your weight on your heels and not your toes. To better visualize this “sitting” position pretend you are sitting into a seat or toilet. Rise up from the bottom of the squat position and raise up on the balls of your feet. Similar to the Romanian dead lift with heel raise, keep your feet and ankle in line and avoid rolling them inward or outwards.

A.



B.



C.

