



Quick Fix Lower Body and Cardio Workout

Short on time? Now you can work your lower body and your heart with this Quick Fix Lower Body Workout. You'll alternate a cardio with a lower body strength move for a fast-paced, effective workout. If any of these moves bother your knees, skip them and repeat the other moves that feel good.

How to:

Grab a heavy band (if you have one) and some weights (I'm using a 8-15 lbs)

Make sure you warm up for at least 5 minutes with some type of cardio

Do each series of exercises one after the other with no rest in between

Repeat the entire circuit for a longer workout and end with a cool down.

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1. Straight Leg Kicks



Begin by kicking the right leg up, bringing the opposite hand towards foot, knee slightly bent. Lower and now kick with the other foot, moving as quickly as you can for 30-60 seconds.

2. Assisted Squat



This can be a better squat for those with knee problems but, if it hurts, skip it!
Loop a heavy resistance band around a very sturdy object in front of you and, keeping heavy tension on the band, lower into a squat, keeping knees behind the toes, butt back (like you're sitting in a chair). Push through the heels to stand up and repeat for 16 reps.

1. Side to Side Punching Lunge



Step out to the right, pivoting so that you're facing the left wall and punch your arm out. Come back to start and now punch and lunge to the other side. Go as fast as you can for 30-60 seconds.

2. Bent Knee Deadlift



Hold heavy weights, palms face in and, keeping back straight and abs in, bend the knees and send the hips back as you bring the weights towards the floor - weight in the heels. Stand up and repeat for 16 reps.

1. Low Impact Jumping Jacks - Rainbow Arms



Step out to the right in a side lunge while circling both arms overhead. Circle the arms the other way as you turn and step to the left. Alternate sides as quickly as you can while circling the arms like you're drawing a rainbow. Repeat for 30-60 seconds.

2. Crossover One Leg Deadlift



Hold a med-heavy weight in right hand and hold onto a chair for balance with the other hand if needed. Lift the right leg up as you tip from the hips and bring the weight towards the outside of the left shoe. At end of movement, your leg should be parallel to the floor. Repeat for 16 reps each side.

1. Knee Smash



With the weight in the right leg and hands straight up in the air, bring the knee up as you pull the arms down, really squeezing the back. Return to start and repeat for 30 seconds before switching sides. Go as quickly as you can and really smash that knee!

2. Front and Rear Lunge



Hold weights if you like and start by taking the right foot forward into a lunge - front knee behind the toe. Step back and take the same leg back into a reverse lunge. Repeat for 8 full reps on each side. If this bothers your knees, do one of the previous exercises.

1. Front Kick Lunge



Begin by kicking the left leg up and then bring that leg down and take it straight behind you into a straight leg lunge as you take the fingers towards the floor (if you can). Repeat for 30 seconds and then switch sides.

2. Bent Over Leg Lift



With hands behind the back, tip from the hips with back straight, abs in and shift the weight to the left leg, knee bent and take the right leg straight out to the side. Now, straighten the left leg at the same time that you lift the right leg up in an outer thigh lift. Repeat for 12 reps on each side.

1. Side Knee Lift and Kick



Take right arm up and shift the weight onto the left leg. Bring the right knee up as you take the right elbow down towards the knee. Bring the right leg down and now kick out to the side with the left leg. Repeat, moving as quickly as you can for 30 seconds on each side.

2. Ball Butt Lift



Get into a bridge position on the ball, head and neck supported, butt lifted weights on the hips. Without rolling the ball, drop the butt towards the floor. Squeeze the butt up and repeat for 16 reps. Keep the toes lifted for more intensity.