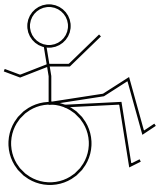
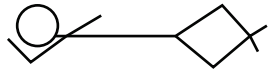
Tina McDermott
DISCOVER WHOLE BODY FREEDOM

FTF SIGNATURE WORKOUT LOWER BODY

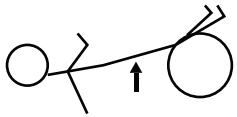
Leg Extensions (sit tall on the ball, lift one knee up using your abs and extend straight out for 10 to 20 repetitions then repeat on other leg)



Clam Shells (lay on side, stack hips, legs 130 degree angle, heels touch and lift knee up and down 20 each leg)

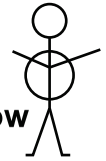


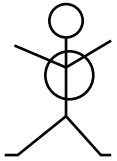
Hamstring Curls (legs straight on ball, elbows by side, squeeze legs together, lift pelvis, curl heels toward glutes, extend back out, then down) X20

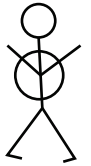
A 

B

Squats with Wall Ball x20 each (place ball on the wall at the curve of your lower back, step feet up a smidge, lower into a squat being sure knees do not go over toes. Remember to press through the heels)

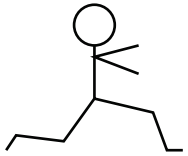
a)Narrow 

b)Wide toes out 

c)Wide toes in 

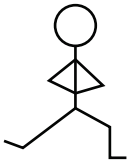
Inner Thigh (lay on side, head rested in arm, foot behind knee, lift bottom leg, heel pointed to ceiling)

Reverse Lunges (stand feet hip distance apart, step right foot back and drop the knee, left knee should be at a 90 degree angle. Push off with the left foot and bring the right foot back to center, repeat on other side for 20 repetitions.)

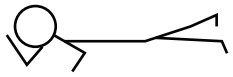


Outer Thigh (Stack hips, lift top leg up and down parallel to the other leg)

Side Lunges (stand feet hip distance apart, step right foot out to the right stretching left inner thigh. Push off with right foot and come back to center. Repeat on other side for 20 repetitions.)

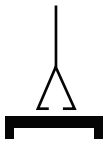


Glutes (Stack hips then lean forward, place elbow on mat in front of you, lift top leg, point toe to ground and heel to ceiling and lift) X20



Calf Raises on Step X20 (hang heels off step, lift & squeeze for 3 seconds then lower & stretch for 3 seconds)

a)Toes straight

b)Toes out

c)Toes in