Lower Body Superset Workout

**The workout:** Complete each exercise in the superset for the number of repetitions indicated. Rest for 60-90 seconds. Repeat the superset two to three times. Then move on to the next superset.

**Superset:** A group of exercises performed after one another with little to no rest. Used to help reduce time and increase the aerobic benefits and muscular endurance of a workout.

**What you need:** Resistance band
Optional: Barbell and/or dumbbells

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**SUPERSET 1**

**A1. Squats**

*Equipment:* Barbell, dumbbell or bodyweight

*Repetitions:* 8-12

Squats strengthen quads, glutes and core muscles. They can help with hip and ankle mobility.

*Watch:* how to do a squat

**A2. Banded lateral walk**

*Equipment:* Resistance band

*Repetitions:* 10 steps per side

Banded lateral walks help activate the glutes, particularly the glute medius which when stronger can help prevent knee pain.

*Watch:* how to do a banded lateral walk

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**SUPERSET 2**

**B1. Deadlifts**

*Equipment:* Barbell, dumbbell or bodyweight

*Repetitions:* 8-12

Deadlifts strengthen the glutes, hamstrings and back muscles like that lats.

*Watch:* how to do a deadlift

**B2. Banded hip thrust**

*Equipment:* *Optional - add a weight to your hips for more resistance*

*Repetitions:* 20

Banded hip thrusts help activate and strengthen the glutes while supporting the back. Hip thrusts mimic the basic movement of a deadlift, great for anyone learning to deadlift.

*Watch:* how to do a banded hip thrust

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**SUPERSET 3**

**C1. Lunges**

*Equipment:* Barbell, dumbbell, or bodyweight

*Repetitions:* 8-12

Lunges strengthen the quads, glutes and muscles around the ankle. They also help with ankle stability.

*Watch:* how to do a lunge

**C2. Plank**

*Equipment:* Bodyweight, or add banded leg lifts, with a band around calves

*Repetition:* 1x1 minute

Planks strengthen the core, shoulders, back, glutes and quads. They help with core stability and can be changed to work different muscles, like using a band around the calves with a leg lift to further work glutes and hamstrings.

*Watch:* how to do a plank/banded plank