

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.

What you need: Resistance band

Optional: Barbell and/or dumbbells

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.

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](#)

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](#)

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](#)