

Lower Body Mobility & Strength

11 min · Abs, Ankles, Back, Legs, Yoga

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Welcome! This routine is from my personal practice. I work out regularly but I'm not a fitness professional, proceed at your own discretion. Start slow, listen to your body, and consult your doctor if needed. Adjust the intensity based on your capacity. Scroll down for detailed instr.

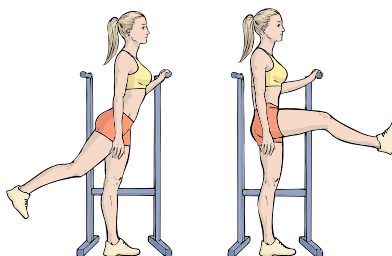
Ankle Circles



1 sets 1 reps

5 circles clockwise, 5 anti clockwise

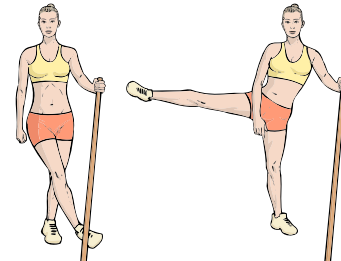
Forward Leg Hip Swings



1 sets 5 reps

5 swings on each side

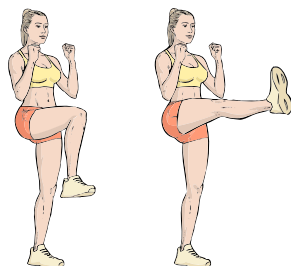
Side Lateral Leg Swings



1 sets 5 reps

5 swings on each side

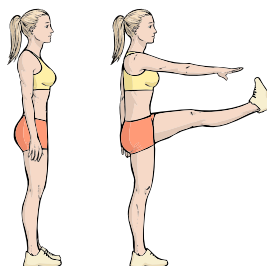
Front Kicks



1 sets 5 reps

Alternating 5 on each side

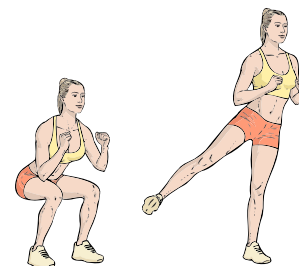
Walking High Kicks



1 sets 5 reps

Alternating 5 on each side

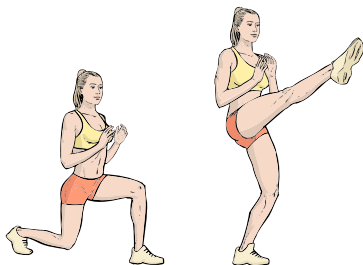
Squats to Side Leg Raises



1 sets 5 reps

Alternating 5 on each side

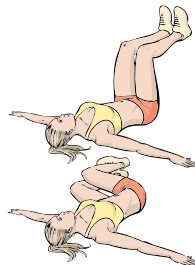
Lunge Front Kicks



1 sets 5 reps

5 on each side

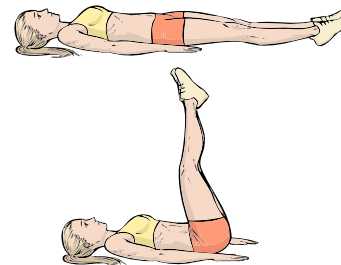
Windshield Wipers



1 sets 5 reps

Alternating 5 on each side

Lying Leg Raises

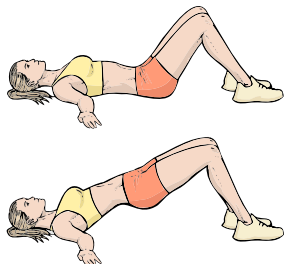


1 sets 5 reps





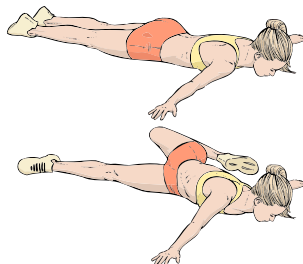
Hip Raises



1 sets 5 reps

Count up to 5-7 when going up or down each.

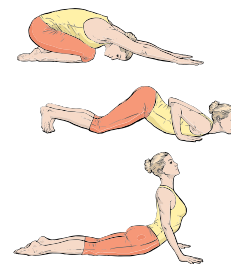
Scorpion Stretch



1 sets 1 reps

Alternating 5 on each side

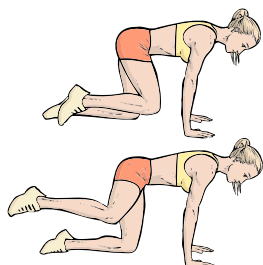
Striking Cobra · Shashank Bhujangasana



5 breaths

Keep hands fixed to floor · Draw shoulders away from ears · Keep elbows bent · Inhale, slide forward · Exh...

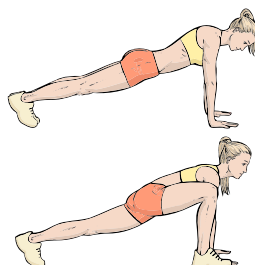
Adductor Knee Raises



1 sets 5 reps

5 on each side

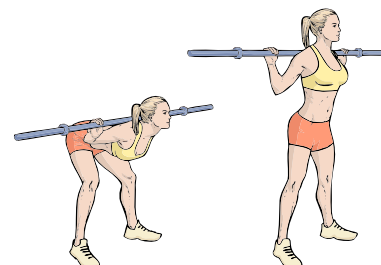
Groiners



1 sets 5 reps

Alternating 5 on each side

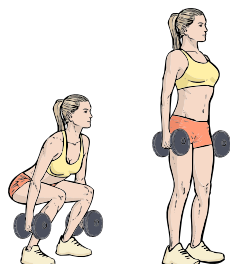
Barbell Good Mornings



1 sets 5 reps

Can do without barbell with both hands on the back of the head.

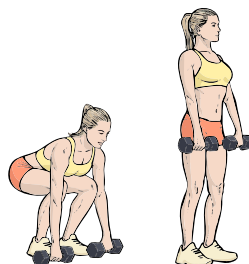
Dumbbell Squats



1 sets 10 reps 5 lbs

Engage core & glutes. Breathe in as you lower, out as you come up.

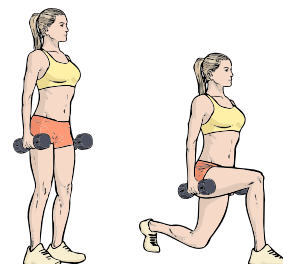
Dumbbell Deadlifts



1 sets 10 reps 5 lbs

Engage core & glutes. Breathe in as you lower, out as you come up.

Dumbbell Lunges

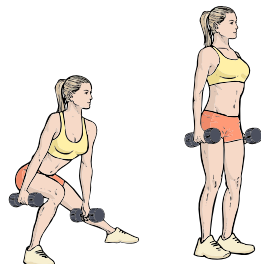


1 sets 10 reps 5 lbs

Engage core & glutes. Breathe in as you lower, out as you come up.



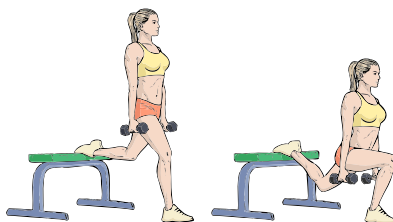
Dumbbell Lateral Lunges



1 sets 10 reps 5 lbs

Engage core & glutes. Breathe in as you lower, out as you come up.

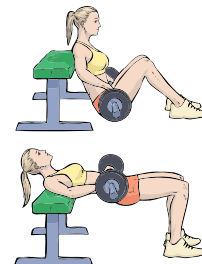
Bulgarian Split Squats



1 sets 10 reps 5 lbs

Engage core & glutes. Breathe in as you lower, out as you come up.

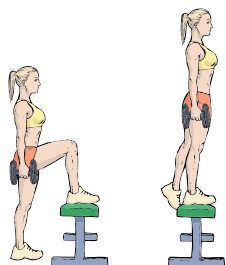
Barbell Hip Thrusts



1 sets 10 reps 5 lbs

Engage core & glutes. Breathe in as you lower, out as you come up. Barbell replace by dumbbell.

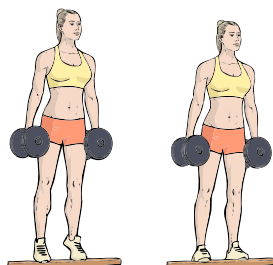
Dumbbell Step-Ups



1 sets 10 reps 5 lbs

Engage core & glutes. Breathe in as you lower, out as you come up. 5 reps on one leg each.

Standing Dumbbell Calf Raises



1 sets 10 reps 5 lbs

Engage core & glutes. Breathe in as you lift weight, out as your lower.

Standing Quadricep Stretch



1 sets 1 reps

Hold stretch on each side for 5-8 secs each.

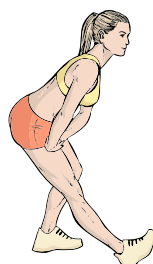
Standing Knee Hugs



1 sets 1 reps

Hold stretch on each side for 5-8 secs each.

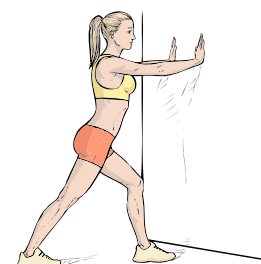
Standing Hamstring Stretch



1 sets 1 reps

Hold stretch on each side for 5-8 secs each.

Straight-Leg Calf Stretch

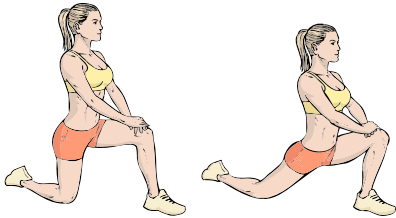


1 sets 1 reps

Hold stretch on each side for 5-8 secs each.



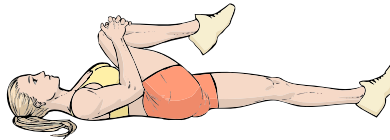
Kneeling Hip Flexor Stretch



1 sets 1 reps

Hold stretch on each side for 5-8 secs each.

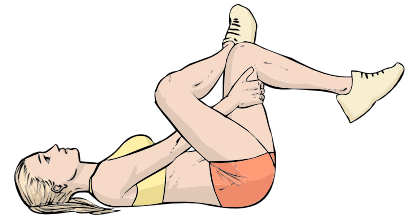
Knee-to-Chest Lower Back Stretch



1 sets 1 reps

Hold stretch on each side for 5-8 secs each.

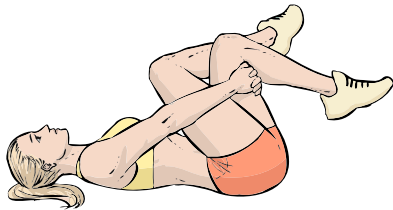
Gluteal Stretch



1 sets 1 reps

Hold stretch on each side for 5-8 secs each.

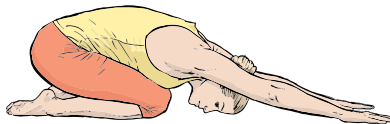
Piriformis Stretch



1 sets 1 reps

Hold stretch on each side for 5-8 secs each.

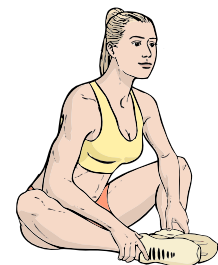
Extended Child's Pose · Utthita Balasana



5 breaths

Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart · Draw shoulder blades ...

Butterfly Stretch



1 sets 1 reps

5-10 flaps or hold for 5-8 seconds

Garland · Malasana



5 breaths

Lift and lengthen torso · Press upper arms against thighs · Relax shoulders

Ankle Circles / Rotations / Rolls

Primary muscle group(s):

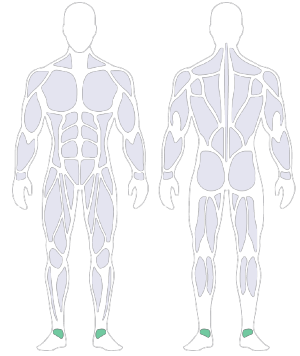
Ankles

Stand tall and upright with your feet spaced hip-width apart and your arms either by your sides or your hands on your hips.

Shift your weight to one foot and point the toes on the opposing foot into the ground.

Rotate this foot by transferring floor contact from your little toe, to big toe, to ball of your foot, continuing this motion for the specified reps or time.

Repeat the exercise with the other leg.



Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

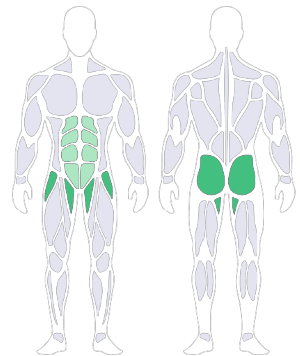
Secondary:

Abs

Stand tall holding onto a pole or stationary object for support.

Engage your abs as you swing your one leg as far out in front of you and then back behind you as you comfortably can.

Switch sides once you have completed repetitions on the first leg.



Side Lateral Leg / Hip Swings

Primary muscle group(s):

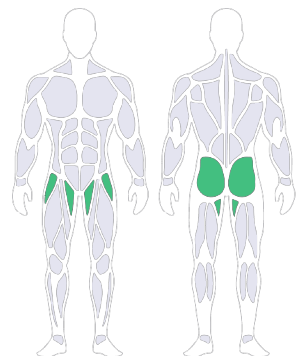
Glutes & Hip Flexors

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg – actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



Front Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Abs, Calves, Glutes & Hip Flexors

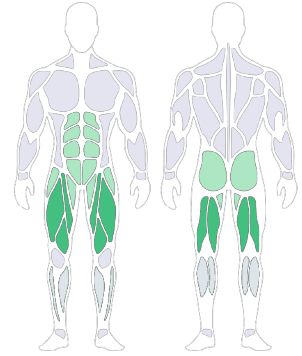
Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right foot is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position.

Repeat on the other side.



Walking High Kicks / Soldier March

Primary muscle group(s):

Abs, Glutes & Hip Flexors

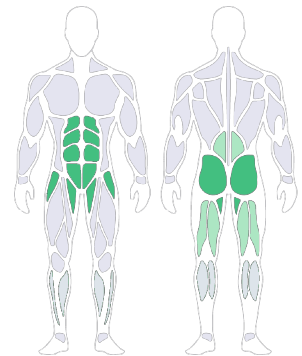
Secondary:

Calves, Hamstrings, Lower Back

Begin by standing tall with your feet placed shoulder-width apart.

Maintain this posture as you raise your right knee as high as you can and step forward. Try not to round your lower back.

Repeat with the left leg and continue to alternate legs as you walk.



Squats to Side Leg Raises / Lifts

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Hamstrings

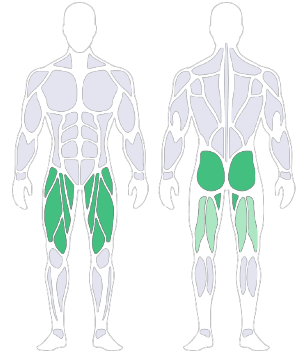
Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Bend at the knees and drive your hips back as if you're sitting in a chair. Continue to lower your body until your upper legs are parallel to the floor.

Then drive your hips forward and push through your quads and glutes to return to a standing position.

Just as you reach the standing position, lift your chosen leg out to the side; it should be straight.

Lower your leg back so that you return to the starting position and repeat for the other side!



Lunge / Front Kicks

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

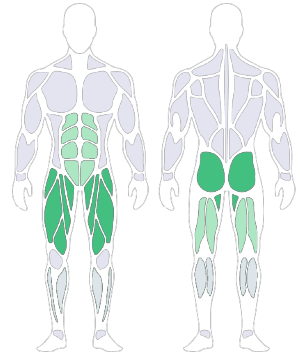
Secondary:

Abs, Calves, Hamstrings

Stand straight up with a tight core and flat back. Keep your gaze focused straight ahead as you step back with your right leg.

As you step forward into the starting position, launch the right leg into a front kick. Use the left side hand to touch your toe, if you are able to.

Return your right leg to the starting position. Repeat on other side. Keep alternating until you complete the set.



Windshield Wipers

Primary muscle group(s):

Abs, Obliques

Lie on an exercise mat, keeping your back flat with no arching of the spine.

Extend your arms out beside you at shoulder level, with your palms pressed firmly to the floor. Your upper body should form a “T” shape.

Raise your feet off the floor by bending your hips and knees to 90 degree angles. This is the start position.

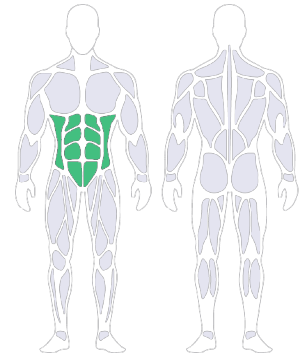
As you exhale, rotate both your thighs to one side until the outer thigh touches the ground or until you feel a stretch in your abs and lower back.

Pause briefly, then rotate to the other side without pausing in the start position.

When you have rotated to both sides, that is one repetition.

Repeat for the desired number of repetitions.

⚠ This exercise has 3 levels of difficulty: Beginner – with the knees and hip bent as described above; intermediate – feet up with knees at 90 degrees but the hips remaining in a neutral position; advanced – legs straight and hips bent at 90 degrees so your body forms an “L”.



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

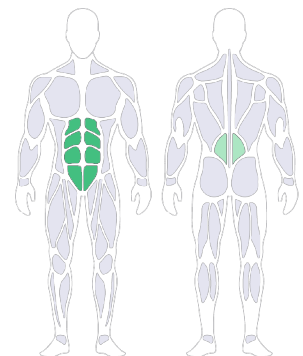
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

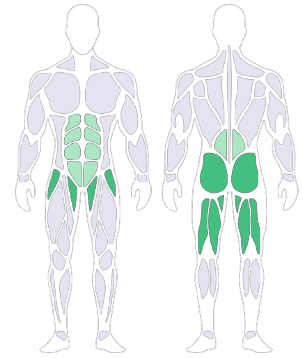
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Scorpion Stretch

Primary muscle group(s):

Lower Back

Secondary:

Glutes & Hip Flexors

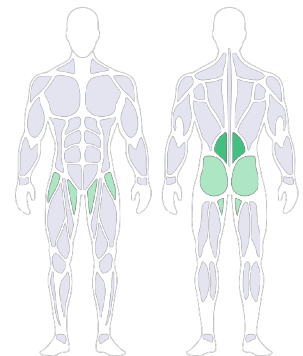
Lie face down on a mat or soft surface.

Place your hands at your sides for balance.

Keeping your shoulders touching the ground, raise the left foot straight up into the air.

Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.

Return the left leg to the ground and repeat on the other side.



Striking Cobra

Primary muscle group(s):

Abs, Obliques, Shoulders, Spine

Secondary:

Biceps, Middle Back / Lats, Triceps, Wrists

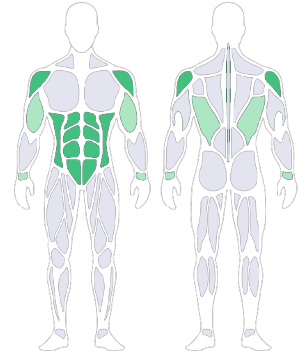
Begin in Extended Child's Pose: sit back on your heels and reach your arms in front of you. Bring your hands shoulder-width apart.

With an inhale, lift your hips, bend your elbows and slide your chest forward along the floor. Then press into your hands and reach your chest forward and up, coming into Extended Cobra.

With an exhale, lift your hips and push yourself back into Extended Child's Pose.

Repeat this movement.

Modification: Rise only into Low Cobra, keeping your belly on the floor and elbows bent.



Fire Hydrants / Abductor / Adductor Knee Raises

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.

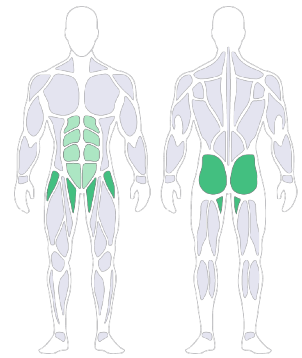
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



Groiners

Primary muscle group(s):

Glutes & Hip Flexors

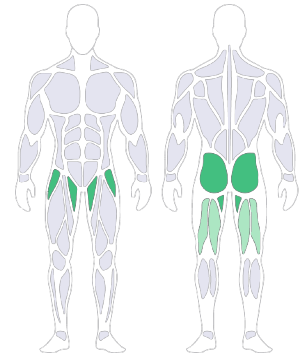
Secondary:

Hamstrings

Begin in a push-up position with your hands directly beneath your shoulders. Your legs will be straight behind you and your core will be contracted.

Maintain a flat back as you bring your right foot forward and place it next to your right hand. Bend the left knee.

Hold this stretch for 20 to 40 seconds. Return your right foot behind you and bring your left foot forward. Continue alternating.



Barbell Good Mornings

Primary muscle group(s):

Lower Back

Secondary:

Abs, Glutes & Hip Flexors, Hamstrings

Using a squat or barbell rack, set the barbell at shoulder height.

Position yourself so the barbell is resting on your shoulders and you are facing away from the rack.

Stand up to lift the barbell clear of the rack and take a few steps away from the rack.

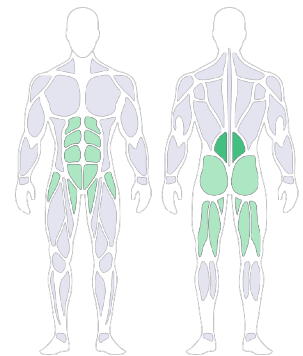
Position your feet slightly less than shoulder width apart.

Keep your legs straight and bend forward at the hips.

Continue bending forward until you feel a mild stretch in your hamstrings. (Do not try to bend past the mild stretching sensation. As flexibility increases so does the range of motion.) Hold for a count of one.

Return to the starting position by straightening from the hips. Repeat.

i Start with lower weights when performing this exercise for the first few times to allow your body to adapt to the movement. This exercise can also be done with your knees slightly bent to emphasize use of your glutes.



Dumbbell Squats

Primary muscle group(s):

Quadriceps

Secondary:

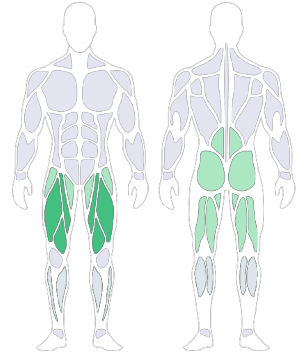
Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

With your feet shoulder-width apart, stand with dumbbells as your sides with your palms facing each other.

Keeping your back straight and facing forward, squat down until your thighs are parallel to the floor.

Pause for one second.

Pushing up from your heels, raise back up to starting position and repeat.



Dumbbell Deadlifts

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Abs, Calves, Hamstrings, Quadriceps

Place two dumbbells on the floor.

Stand facing the dumbbells with your feet shoulder width apart.

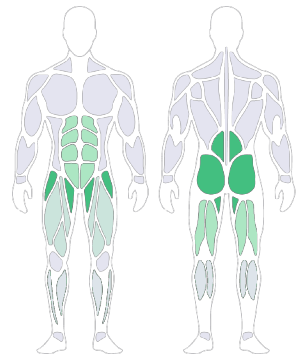
Bend knees and hips to lower your torso in a squatting movement, keep your back straight.

At the bottom of the squat grip the dumbbells with an overhand grip, keeping your arms fully extended.

Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.

Return the dumbbells to the floor in the same manner you picked them up.

Repeat.



Dumbbell Lunges

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

Holding a dumbbell in each hand, stand with your feet shoulder width apart.

Keep your shoulders back. And your back straight.

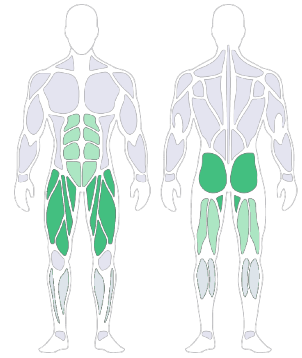
Take a long stride forward with your right leg. Your right foot should be in a position, that when you bend your right knee, your upper and lower leg form a 90 degree angle.

Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one.

Return to the start position by slowly straightening your legs and raising your body back to a standing position.

Complete all the repetitions for one set full set, then switch legs, or you can alternate between legs for each rep.

❗ Do not let your knee travel past your toes in the down position as this can cause instability and injury.



Dumbbell Side Lunges / Lateral Lunges

Primary muscle group(s):

Quadriceps

Secondary:

Abs, Glutes & Hip Flexors, Hamstrings

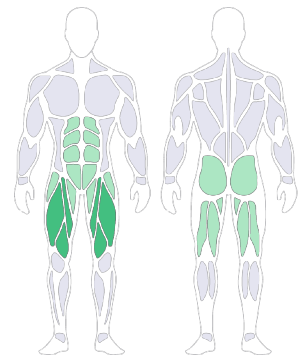
Begin by standing with dumbbells in hand at your sides.

Place your feet hip-width apart.

Take a big step to the right with your right foot, keeping your arms straight.

Land with your heel followed by the rest of your foot and flex the right knee so that you lower your hip and body until your knee and hip are at a 90 degree angle. Keep your left leg only slightly angled.

Return to the starting position by extending your right hip and knee. Once they are straight, bring your foot back in to a standing tall position.



Bulgarian Split Squats

Primary muscle group(s):

Quadriceps

Secondary:

Abs, Calves, Hamstrings

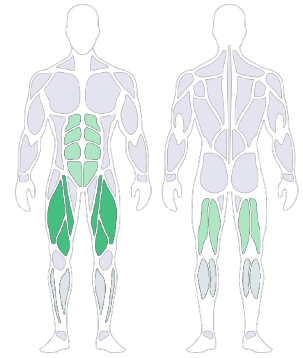
Stand up straight while holding two dumbbells. Maintain a tight core and flat back as you carefully place your right foot on top of a bench behind you with toes facing down.

Bend at the front knee as you drop the back knee, maintaining perfect form. Front knee should not go over the toes.

Allow your thigh to come to parallel with the floor.

Pause then slowly return to the starting position without locking out your knee.

Repeat then switch sides once set is complete.



Barbell Hip Thrusts

Primary muscle group(s):

Glutes & Hip Flexors

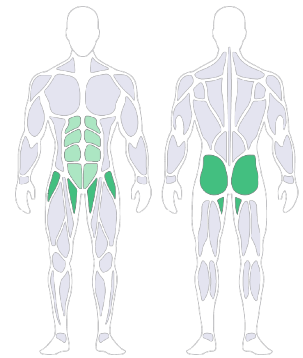
Secondary:

Abs

Sit on a padded surface with your legs out in front of you and the knees bent. Make sure your back is against a secured bench. Lay a barbell across your lap.

Focusing the tension in the glutes, raise your hips skyward, moving the bar up with you.

Pause when you feel the contraction in your glutes then slowly lower yourself to the starting position.



Dumbbell Step-Ups

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

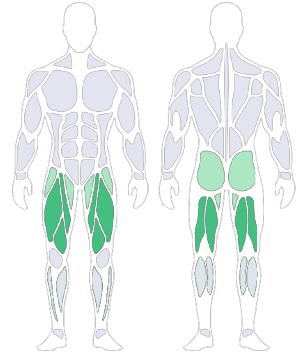
Calves, Glutes & Hip Flexors

Place a bench in front of you. Hold a pair of dumbbells and stand facing the bench.

Brace your core and keep your gaze straight ahead.

Bring your right knee up and step up on to the bench. Placing all of the effort in your right leg, bring your body up into a standing position on the bench.

Slowly lower yourself to the starting position and switch legs.



Standing Dumbbell Calf Raises

Primary muscle group(s):

Calves

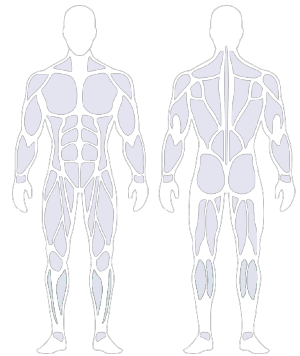
Place an exercise step or something similar on the floor in front of you. It should be two or three inches high.

Holding a dumbbell in each hand, place your toes and the balls of your feet on the step. Make sure the arches of your feet are not on the step and your heels are on the floor.

Raise your heels as high as possible by pushing through the balls of your feet and toes while extending your ankles. Hold for a count of one.

Return to the starting position by bending your ankles until you feel a stretch in your calves.

Repeat.



Standing Quadricep Stretch

Primary muscle group(s):

Quadriceps

Secondary:

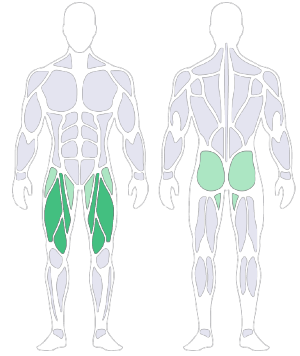
Glutes & Hip Flexors

Stand next to a wall or stationary object to support your balance.

Grasp the top of your right ankle or forefoot with your right hand and pull the ankle or foot towards your buttocks.

Straighten the right hip by moving your knee slightly backwards and making sure it faces the floor. Don't let your knee flare out towards the side

Hold the stretch and repeat on the left leg.



Standing Knee Hugs

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

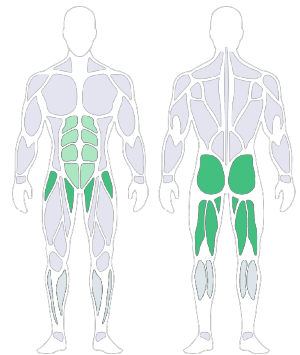
Secondary:

Abs, Calves

Stand with your feet shoulder-width apart. Maintain a tight core throughout. Lift your left knee up and towards your chest.

Grab your left knee and pull it in as close as you can into your chest. Hold this stretch for 20 to 40 seconds.

Slowly release the left leg to the ground and repeat on the other side.



Standing Hamstring Stretch

Primary muscle group(s):

Hamstrings

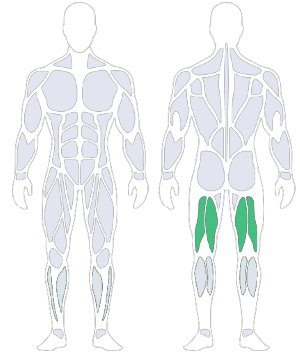
Secondary:

Calves

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.



Straight-Leg Calf Stretch

Primary muscle group(s):

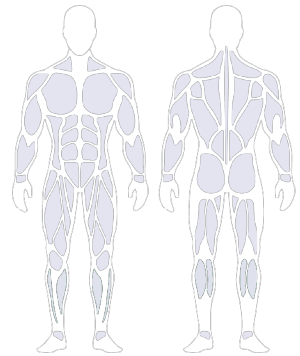
Calves

Stand a few inches away from a wall, facing it and place both hands on the wall with your arms extended.

Lean against the wall and bend one leg forward with the other leg extended straight back. Your feet should both be facing forward.

Push the rear heel to the floor and bring the hips slightly forward.

Hold the stretch and repeat on the other leg.



Kneeling Hip Flexor Stretch

Primary muscle group(s):

Glutes & Hip Flexors

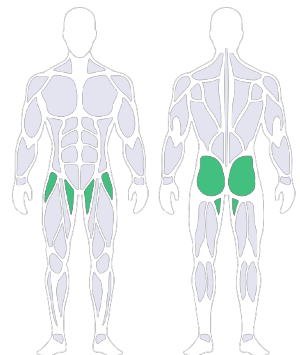
Step forward with the left leg as your right knee comes all the way to the ground.

Flatten your right foot out so the toes are pointing behind you.

Placing your hands on your sides, gently push your hips slightly forward.

You will feel the stretch in your right hip flexor.

Switch sides and repeat.



Knee-to-Chest Lower Back Stretch

Primary muscle group(s):

Lower Back

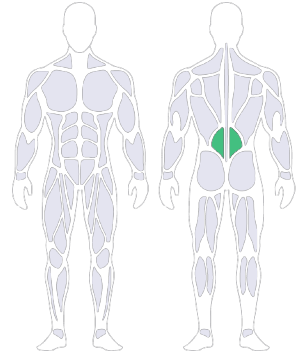
Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor.

Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back.

Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed.

Hold the stretch and then release the leg to starting position.

Repeat with the left leg.



Gluteus / Glute / Gluteal Stretch

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Shoulders

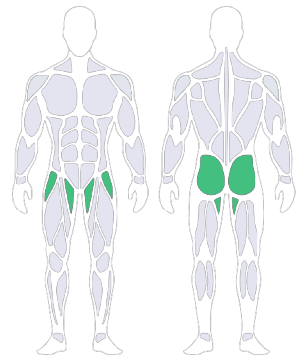
Lie on your back on a mat or soft surface.

Bend your left knee then cross your right leg over so that your right shin is resting on your left knee.

Place your right hand through your legs and your left hand on the outside of your legs. Grab your left shin with both hands.

Remain on the ground and gently pull your left shin towards yourself.

Return to the starting position and repeat on the other side.



Piriformis Stretch

Primary muscle group(s):

Glutes & Hip Flexors

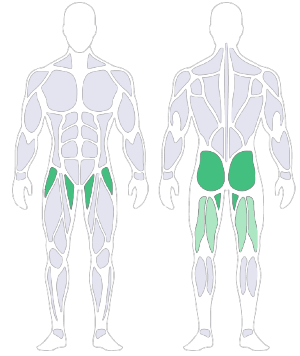
Secondary:

Hamstrings

Lie on your back on a padded surface. Begin with your legs straight in front of you. Bend the left leg up and place the left foot on the ground near your butt. Bend the right leg up and rest the right ankle across the left knee.

Reach your hands around your left shin or left thigh and pull it towards your chest. Your right hand will go through the hole in between your legs.

Pull and hold the left leg, feeling the stretch in the right hip flexor. Slowly, place the left leg back on the floor and switch sides.



Extended Child's Pose

Primary muscle group(s):

Glutes & Hip Flexors, Knees, Spine

Secondary:

Lower Back, Middle Back / Lats, Upper Back & Lower Traps

Sit on your heels. Bring your feet together and knees hip-width apart.

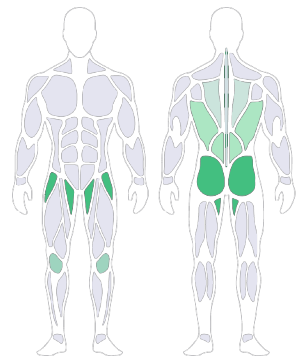
Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

Reach your arms far forward. Spread your fingers and press your palms into the floor. Rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

 Avoid this pose if you have a knee injury.



Butterfly Stretch

Primary muscle group(s):

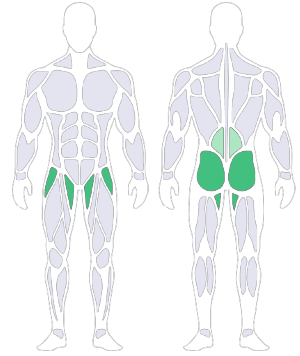
Glutes & Hip Flexors

Secondary:

Lower Back

While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching and your legs should make a diamond shape.

Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips. Once you feel the stretch in your hip flexors, hold for 15 to 30 seconds. Slowly rise and repeat.



Garland

Primary muscle group(s):

Glutes & Hip Flexors, Knees, Spine

Secondary:

Ankles, Lower Back

Begin standing with your feet wide. Lower into a squat with an exhale.

Bring your feet close together, but open your knees wider than your torso.

Bring your upper arms to the insides of your thighs and press your hands together in front of your chest.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

Modification: Place a folded mat under your heels if they don't touch the floor.

