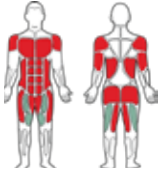


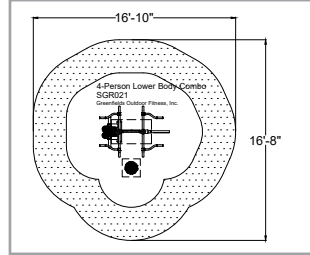
4-PERSON LOWER BODY COMBO

SGR021



Target muscles
Secondary muscles

- Strengthens legs, glutes, obliques, triceps, shoulders, chest and core
- Stretches lower back and inner thigh
- Great social activity



AVAILABLE EXERCISES

- | | |
|---|-----------------------------------|
| 1. Inner thigh stretch | 5. Torso Twist |
| 2. Leg/knee lifts | 6. Dynamic and Static Planks |
| 3. Glute stretch | 7. Quad Stretch |
| 4. Multi-Hip Exercises:
(Muscles trained: Hip Flexors / Extensors / Adductors / Abductors) | 8. Kickbacks (Quads & Hamstrings) |
| | 9. Split Squat |

VIEW THE VIDEO



greenfieldsfitness.com/lower-body-combo-video.html

