

# LOWER BODY WORKOUT

By Toby Clements - Online Fitness & ACL Recovery Coach

## SINGLE LEG EXTENSION

3 sets of 8-15 reps

## SINGLE LEG PRESS

3 sets of 8-15 reps

## ROMANIAN DEADLIFTS

3 sets of 8-15 reps

## DUMBBELL STEP UPS

2 sets of 6-8 reps

## SINGLE LEG CALF RAISES

3 sets of 10-20 reps

Note: This workout is an example and not tailored to any individual. For best results, work with a qualified coach for a personalised program designed to fit your body and goals.