

Outdoor Gym Program 3: Lower-body strength

General Instructions:

- Warm up independently for about 5–10 minutes before training
- Perform 3 sets of each exercise with 8–12 repetitions
- Rest approximately 1 minute between sets

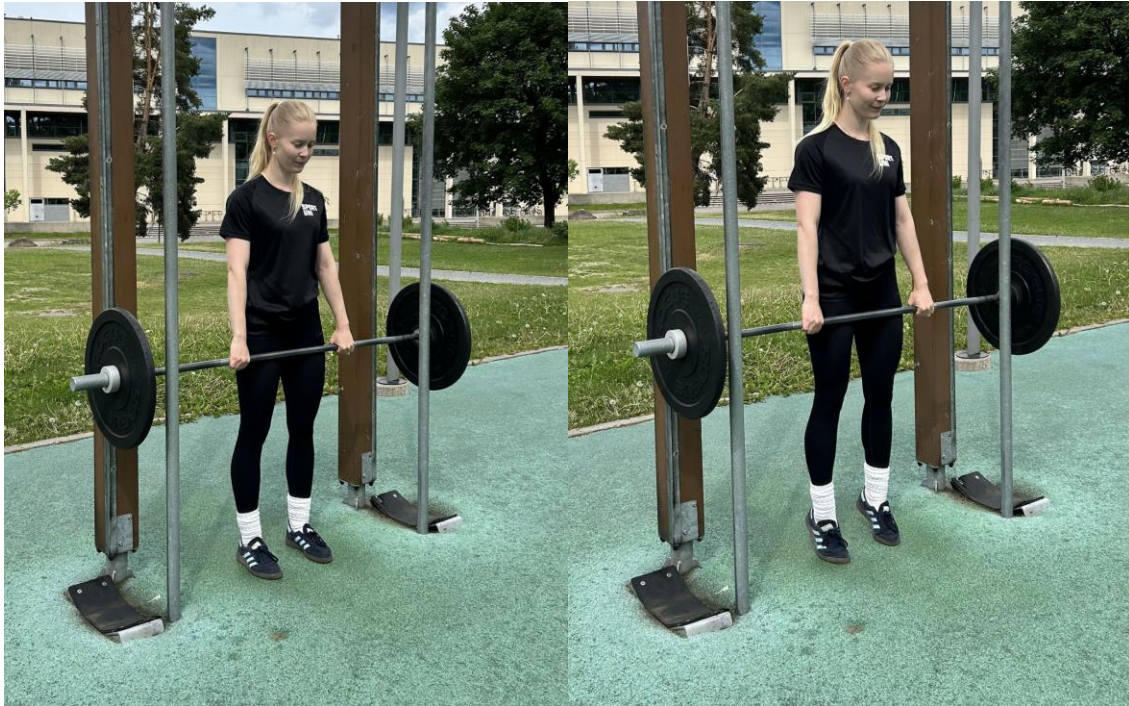
Deadlift

- Stand with your feet hip-width apart and grip the bar with a shoulder-width overhand or mixed grip. Hands are placed outside the legs.
- In the starting position, your knees are at about a 90-degree angle, with the bar close to your shins. Lift your chest and keep your back as upright as possible.
- Perform the deadlift by extending your legs and straightening your back. Return the movement in a controlled manner by first pushing your hips backward and then bending your knees.



Calf Raises

- Lift the bar up as in a deadlift, then rise as high as possible onto your toes
- Slowly lower your heels back down



Reverse Lunges

- Step backward and bend both knees to about a 90-degree angle
- Keep your weight on the front leg and push yourself back up, bringing the back leg next to the front leg



Single-Leg Box Squat

- Stand on the edge of a box so that one leg is off the edge and in the air
- Bend the standing leg so that the free leg moves close to the ground
- Then straighten the knee back to the starting position



Front Squat

- Stand with your feet shoulder-width apart and place the bar on your shoulders by lifting your elbows up
- When squatting, focus on keeping your knees and toes pointing forward in the same direction
- Keep your core tight and your torso fairly upright, and focus on keeping your elbows up throughout the movement

