



DEFINED  
Legs



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1

*QUADRICEPS, HAMSTRINGS, GLUTEALS*

## Split squat with Ripcords® at the shoulders x15 Reps per leg



### START

Stand in a split stance and position the front foot on the Ripcords® and back foot one legs length (3-4 feet) behind the body. Hold one Ripcords® handle in each hand and then bring them up and rest them at shoulder height in front of the body.



### FINISH

Bend both legs and remain on the toe of the back foot as you lower. Keep the back knee above the floor, and do not bend the front knee more than 90 degrees or forward over the toes. Return to the start and repeat.

## 2

*QUADRICEPS, HAMSTRINGS, GLUTEALS***Standing on Ripcords® squat with band over the shoulders**  
x20 Reps**START**

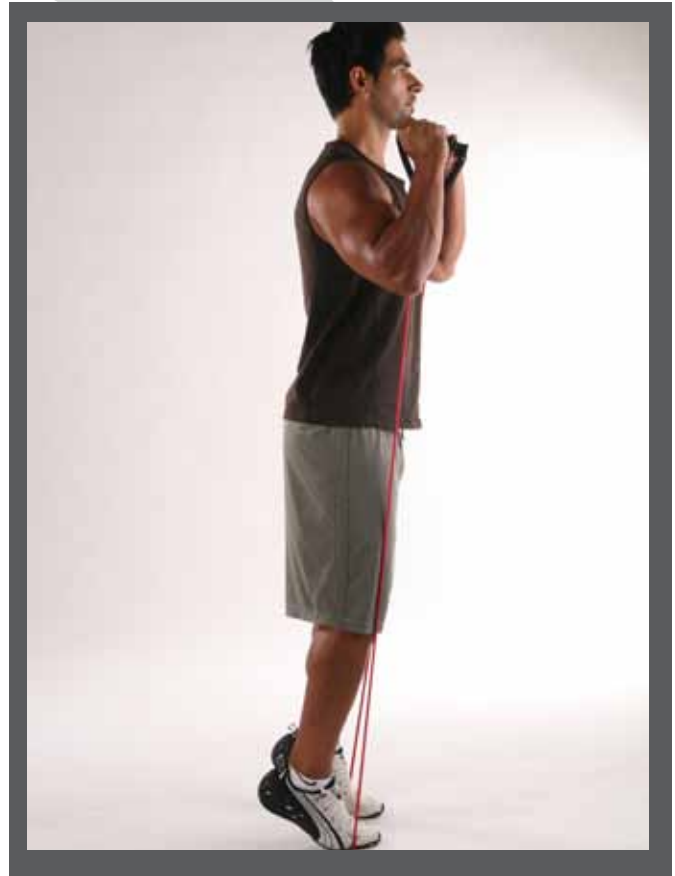
Stand on the Ripcords® with both feet shoulder width apart. Grasp both Ripcords® handles and bring the cord up and over until it is resting on both shoulders with the hands on either side of your head, just above shoulder height.

**FINISH**

Stabilize your core by tightening your midsection, press your hips back and bend your knees to 90 degrees or until your upper thighs are parallel to the floor. Don't let your knees extend past your front toes as you lower. Return to starting position and repeat.

## 3

GASTROCNEMIUS

**Standing on Ripcords® Calf Raise with hands at shoulders**  
x20 Reps**START**

Place the Ripcords® under the balls of your feet and stand with both legs shoulder width apart. Grasp both Ripcords® handles and bring the cord up and over until it is resting on both shoulders with the hands on either side of your head, just above shoulder height, or bring the hands in front of the body and resting at shoulder height.

**FINISH**

Press upward until all your weight is on the balls of the feet and your heels are off the ground. Ensure the Ripcord® is fully secured under the ball of both feet. Return to starting position and repeat.

## 4

*ERECTOR SPINAE, HAMSTRINGS***Standing on Ripcords® Deadlift  
x15 Reps****START**

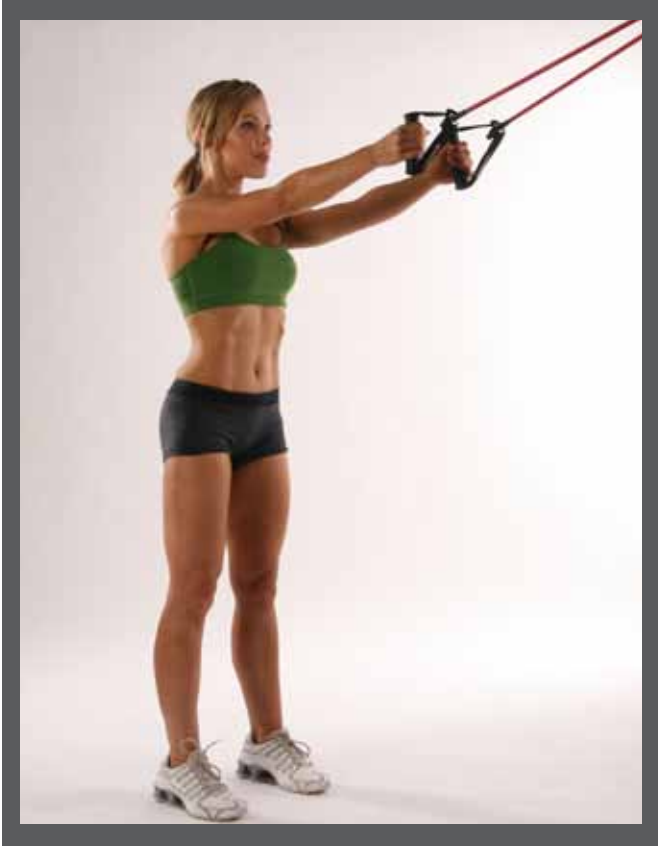
Stand on the Ripcords® with feet shoulder width apart. Begin by shortening the length of the Ripcords® by wrapping it one time around your wrists. Lengthen it enough so the Ripcord® isn't tight against the skin, then hold onto the handle. Repeat this for both sides and stand straight up with both hands by your front hips.

**FINISH**

Keep both legs slightly bent, and your back flat and chest up. Bend forward from the waist, keeping the arms close to front shins. Lower until your hands are 6-10 inches above your feet. Return to the start and repeat.

## 5

QUADRICEPS

**Door Hook High Standing Two-Arm Extended Squat  
x15 Reps****START**

Attach the Door Hook to the high-position on the Door. Facing the door, grip one Ripcords® handle in each hand and stand 3 to 4 feet away and keep both arms extended straight in front of you. Keep your core tight and your chest and head up throughout the exercise.

**FINISH**

Press your hips back and squat until your thighs are parallel to the floor. The exercise should feel like you are sitting down in a chair. Return to the start and repeat.

## 6

GASTROCNEMIUS

**Low Door Hook Standing Calf Raise with hands at shoulders  
x20 Reps****START**

Attach the Door Hook to the low-position on the Door. Hold one Ripcords® handle in each hand and stand 2 to 3 feet away from the door with the hands resting in front of both shoulders.

**FINISH**

Slightly lean forward and raise your heels off the ground until you can't get any higher. Return to starting position and repeat.

## 7

## QUADRICEPS

**Low Door Hook Squat with Hands at shoulders  
x15 Reps****START**

Attach the Door Hook to the low-position on the Door. Stand approximately 2-3 feet away with your body facing the door. Grasp one Ripcords® handle in each hand and bring the hands up to shoulder height resting in front of the body.

**FINISH**

Press your hips back and squat until your thighs are parallel to the floor. The exercise should feel like you are sitting down in a chair. Keep your core tight and your chest and head up throughout the exercise. Return to the start and repeat.



## 8

*QUADRICEPS, HAMSTRINGS, GLUTEALS***Mid Door Hook Side-to Side Leg Shuffle  
x10 Reps in each direction****START**

Attach the Door Hook to the mid position on the door. Stand approximately 3-4 feet away from the door and grasp both Ripcords® handles together with your body facing towards the Door Hook and feet shoulder width apart. Pull both hands towards the chest and bend the knees in a semi squat position.

**FINISH**

Keep the hands in a fixed row position at the chest and knees slightly bent as you shuffle your feet from side to side. Take 3 to 4 side steps in each direction. This exercise will strengthen the legs and increase lateral agility.

## 9

## QUADRICEPS

**Mid Door Hook Two-Arm Extended One-Legged Squat  
x10 Reps per leg****START**

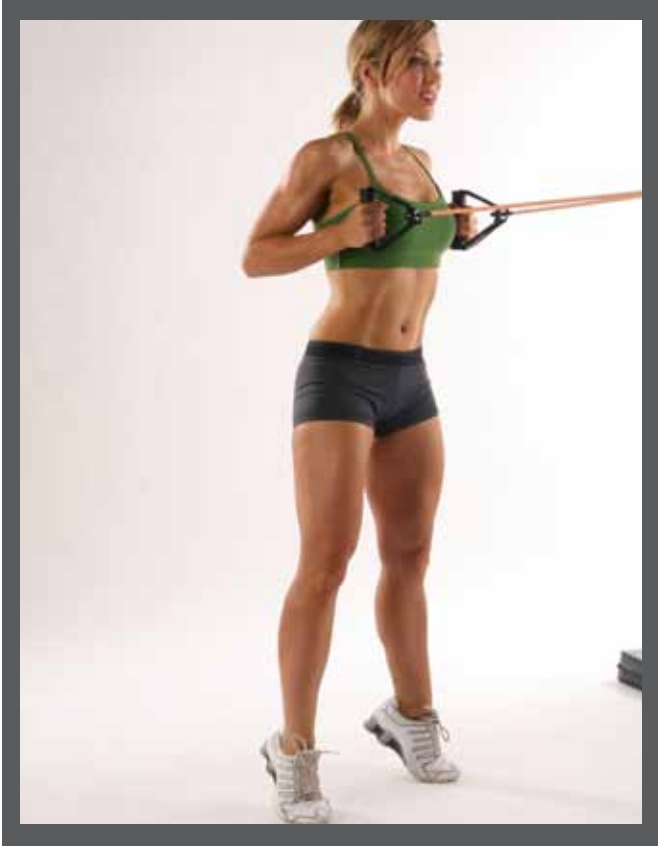
Attach the Door Hook to the mid-position on the Door. Facing the door, grip one Ripcords® handle in each hand and stand 3 to 4 feet away on your left leg, right leg hovering 2-3 inches above the ground in the air, and keep both arms extended straight in front of you. Keep your core tight and your chest and head up throughout the exercise.

**FINISH**

Press your hips back and squat until your thighs are parallel to the floor. The exercise should feel like you are sitting down in a chair. When finished the set on your left side, return to starting position and repeat on the right side.

## 10

QUADRICEPS/SOLEUS/GASTROCNEMIUS

**Mid Door Hook Two-Arm Retracted On the Toes Squat  
x12 Reps****START**

Attach the Door Hook to the mid-position on the Door. Facing the door, grasp one Ripcords® handle in each hand each and stand 3 to 4 feet away from the door with both arms retracted towards the chest. Press up onto the toes of each foot and maintain this position.

**FINISH**

Press your hips back and squat until your thighs are parallel to the floor while remaining on your toes. The exercise should feel like you are sitting down in a chair. Keep your core tight and your chest and head up throughout the exercise. Return to the start and repeat.

## 11

QUADRICEPS/HAMSTRINGS

**Standing on Ripcords® Deadlift with Bent Knees  
x15 Reps****START**

Stand on the Ripcords® with feet shoulder width apart. Begin by shortening the length of the Ripcords® by wrapping it one time around your wrists. Lengthen it enough so the Ripcords® isn't tight against the skin, then hold onto the handle. Repeat this for both sides and stand straight up with both hands by your front hips.

**FINISH**

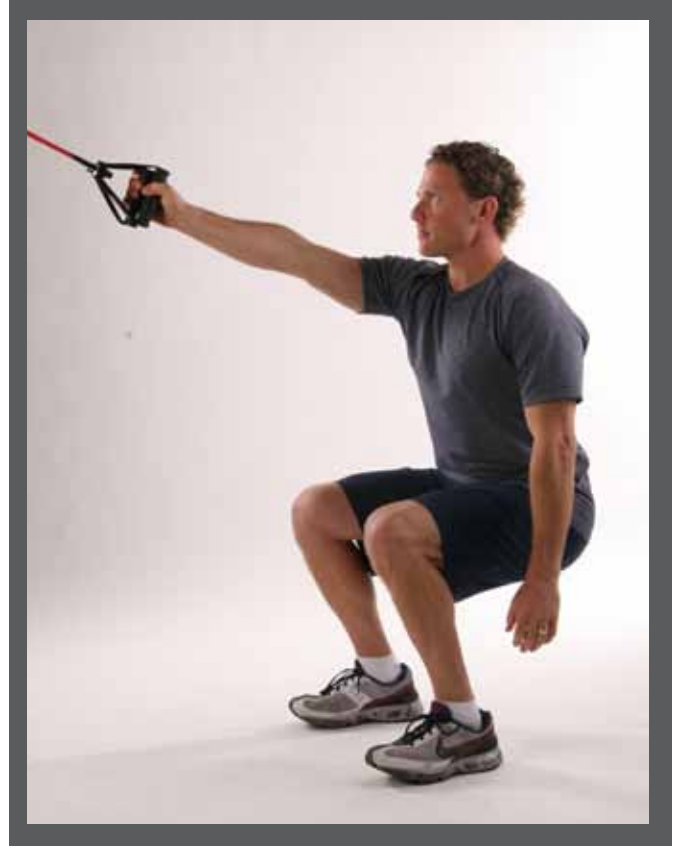
Press your hips backwards and bend your knees as you lower, keeping the arms close to front shins. Lower until your hands are 6-10 inches above your feet. Return to the start and repeat.

## 12

QUADRICEPS

**High Door Hook One-Arm Extended Squat**  
x12 Reps per arm**START**

Attach the Door Hook to the top-position on the Door. Facing the door, grasp both handles of the Ripcords® with your right hand and stand 3 to 4 feet away and keep your right arm extended straight in front of you. Keep your core tight and your chest and head up throughout the exercise.

**FINISH**

Press your hips back and squat until your thighs are parallel to the floor. The exercise should feel like you are sitting down in a chair. When finished the set on your right side, return to starting position and repeat on the left side.



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