

**THE
HUMAN
TRAINER™**

**TOTAL
LEGS**



www.thehumantrainer.com

All of the Astone E-book Workout Programs are specifically designed to give you the most time efficient and result oriented workout. Each E-Book workout is designed by a Certified Personal Trainer. Every E-Book workout program provides the specific muscle groups with a tested sequence of exercises to give the greatest results and also require the least amount of set-up for the next exercise. All of the Astone E-book Workout programs come with High quality photos with Start and Finish descriptions, and the suggested Repetition range for optimal results.

SAFETY NOTE

Before beginning these exercises or any other workout programs using The Human Trainer, ensure you have selected and tested the chosen support structure for safety and stability. Next, attach the accessory handle to the chosen D-ring height on The Human Trainer Main Straps. Be sure to always inspect your Human Trainer and all its components before use. Never use The Human Trainer if any of the components are worn or damaged. Always replace any damaged or worn components immediately.

Tone your legs and lose unwanted fat by using this lower body circuit training routine. Defined Legs will give you just that; Fit and lean thighs and glutes. We've combined some of the most efficient focused leg exercises using The Human Trainer to get fit legs fast!



1

Reverse Lunge

10 Repetitions per leg



START

Firmly grasp one handle with each hand and keep your palms facing in towards the body. Facing the Main Straps, extend both arms forward as you shift your weight backwards. Lift your left leg and extend it behind the body and keep it lifted 4-6 inches off the ground.

FINISH

Keep your core tight and your chest and head lifted as you press your left leg backwards in a reverse lunge. Press back up to the starting position and repeat until the desired number of repetitions is completed, then repeat with the right leg lifted.

2

Straight Arm Squats

15 Repetitions



START

Firmly grasp one handle with each hand and keep your palms facing in towards the body. Facing the Main Straps with your feet hip width, extend both arms forward as you shift your weight backwards.

FINISH

Maintain a straight spine with engaged core muscles as you press your hips back and squat until your thighs are parallel to the floor. Keep your chest and head lifted throughout the exercise. Return to the start and repeat.

3

Reverse Side to Side Jump Lunge

10 Repetitions per leg



START

Firmly grasp one handle with each hand and keep your palms facing in towards the body. Facing the Main Straps, extend both arms forward as you shift your weight backwards. Lift your left leg and extend it behind the body and keep it lifted 4-6 inches off the ground.

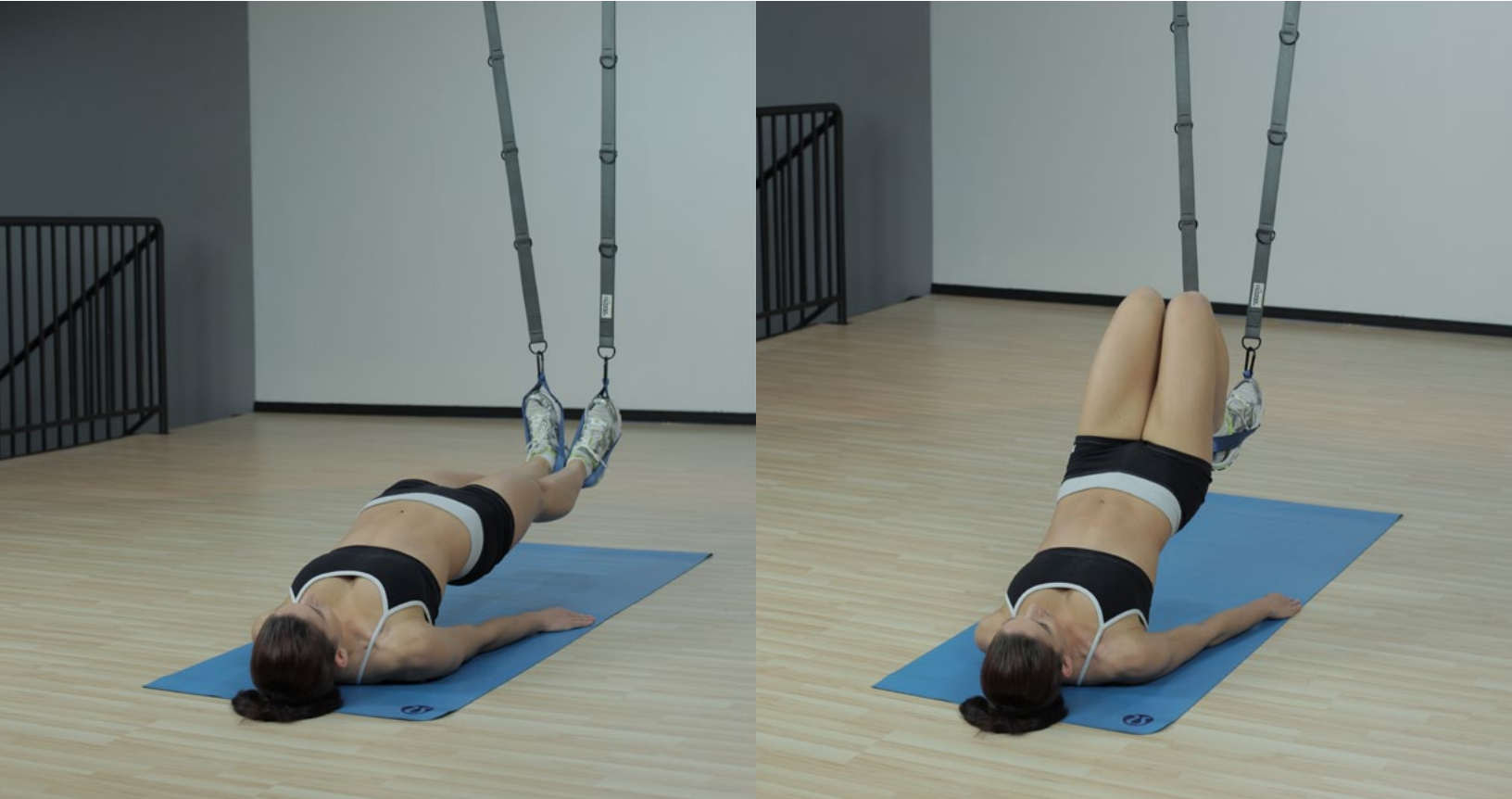
FINISH

Keep your core tight and your chest and head lifted as you press your left leg backwards to the right side of the body. Press back up to the starting position and then perform the same reverse jump lunge with your right foot off the ground. Continue alternating sides until the desired number of repetitions is completed.

4

Hamstring Curl

12 Repetitions



START

Begin sitting on the ground facing the Main Straps, then place both heels inside each of the foot cradles. Lie down on your back with your palms facing down beside the body.

FINISH

Stabilize your core by tightening your midsection, then lift your hips and low back off the floor. Maintain this position as you pull your feet in towards the body. Return to starting position and repeat.

5

Hamstring Alternating Bicycle

8 Repetitions per leg



START

Begin sitting on the ground facing the Main Straps, then place both heels inside each of the foot cradles. Lie down on your back with your palms facing down beside the body.

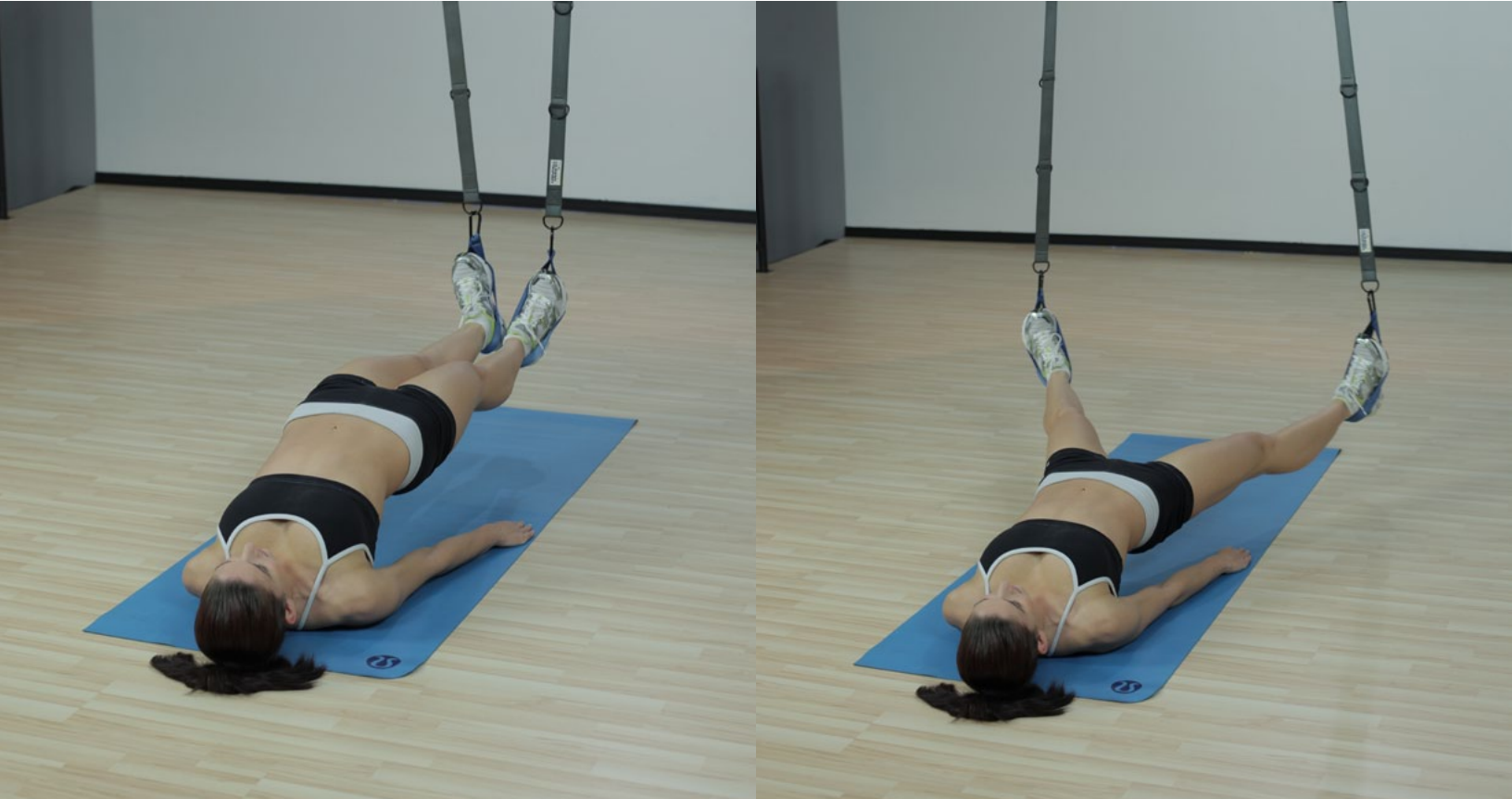
FINISH

Stabilize your core by tightening your midsection, then lift your hips and low back off the floor. Maintain this position as you pull your right foot in towards the body. Return to starting position as you pull your left foot in towards the body. Continue alternating legs until the desired number of repetitions is completed.

6

Hamstring Air Splits

15 Repetitions



START

Begin sitting on the ground facing the Main Straps, then place both heels inside each of the foot cradles. Lie down on your back with your palms facing down beside the body.

FINISH

Stabilize and engage your core by tightening your midsection, then lift your hips and low back off the floor. Maintain this position with your hips and low back off the floor as you externally rotate and press both legs out to the sides of the body. Return to starting position and repeat.

7

Suspended Split Squat

8 Repetitions per leg



START

Place the right foot in the suspended foot cradle and then walk or hop the right foot forward about 2 feet from the support structure to ensure your right knee doesn't go past your right toes as you lower. Keep your core muscles engaged with your hands at your hips in a suspended split stance.

FINISH

Press the suspended right leg backward as you lower your leg and body. Keep the right foot and knee above the floor, and do not bend the front right knee more than 90 degrees or forward over the right toes. Return to the starting position and repeat until the desired number of repetitions is completed, then repeat with the left leg.

8

One Leg Alternating Squat

8 Repetitions per leg



START

Firmly grasp one handle with each hand and keep your palms facing in towards the body. Facing the Main Straps, extend both arms forward as you shift your weight backwards. Lift your left leg until it is 4-6 inches off the ground and keep both arms extended straight in front of you.

FINISH

Keep your core tight and your chest and head lifted as you press your hips back and squat until your thighs are parallel to the floor. Press back up to the starting position and place your left foot on the floor. Continue alternating sides until the desired number of repetitions is completed.

9

Straight Arm Jump Squats

12 Repetitions



START

Firmly grasp one handle with each hand and keep your palms facing in towards the body. Facing the Main Straps with your feet hip width, extend both arms forward as you shift your weight backwards.

FINISH

Maintain a straight spine with engaged core muscles as you press your hips back and squat until your thighs are parallel to the floor. Press back up with enough strength and power that you jump off the floor at the top of the movement. Land softly on the floor and keep your chest and head up throughout the exercise. Continue Jump Squating until the desired number of repetitions is completed