



CALF RAISES

Do 2 sets of 20 raises.

Lift your body up and down on the balls of your feet, staying in control of your balance. Keep your body straight, and don't bend your knees. This can be done on a flat surface or on the edge of a step.



LUNGES

Do 3 sets of 8 lunges per leg.

Lunge forward until your lowered knee almost touches the ground. Then, while staying in control, raise back up.

You should feel this in your quadriceps. The key: your knee should never extend past your toes while bent--aim for a 90 degree knee angle.



ELEVATED LUNGES

Do 3 sets of 4 lunges per leg.

Find a bench or stable chair. Then, with one foot on the chair behind you, lower until your ground-planted leg is at a 90 degree angle. Your bent knee shouldn't extend past your toes. Then, raise back up with control and force.



SQUATS

Do 3 sets of 15 squats.

Place your feet slightly wider than shoulder width apart. Squat down while keeping your back straight--don't arch your lower back. Lower either as far as you can while staying in control, or until your heels lift off the ground.



LATERAL SQUATS

Do 3 sets of 8 squats per leg.

Get into squat position, then widen your stance a bit further. Without twisting your hips, bend one knee. Shift all your weight to the bent knee, and straighten the other. Hold for a couple seconds, then repeat with the other leg.



SINGLE-LEG SQUAT

Do 3 sets of 7 squats per leg.

Sit down while keeping one leg raised. Then, stand back up by generating force from your seated position. The key: stay in control.



SINGLE-LEG CALF RAISE

Do 3 sets of 8 raises per leg.

This exercise is just like the normal calf raises exercise -but this time, you do one leg at a time. Raise and lower your body using one foot only, letting the other hover above the ground.