

# **CHILDREN & ADOLESCENTS LOWER BODY CIRCUIT**

WITH

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If you have questions pertaining to the presentation  
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Thank you in advance for your attention, open-mind and  
enthusiasm!

**HEALTH AND FITNESS FOR LIFELONG WELLNESS!**

# **EXERCISES!**

1. SQUATS
  - i. DB
  - ii. Tubing and dowel
  - iii. Ball or Bosu
  
2. LUNGES
  - i. Forward/reverse
  - ii. DB
  - iii. Platform or Bosu
  
3. SEATED LEG PRESS MACHINE
  - i. Foot positions
  
4. SEATED LEG EXTENSION MACHINE
  - i. Knee/hip position
  
5. SEATED/PRONE LEG CURL
  - i. Back position