

LOWER BODY CALISTHENICS FOR BEGINNERS

Glutes and Hamstrings

Single Leg Glute Bridges

Set: 3

Reps: 8 each side

Rest: 30 secs



Hamstring Walk

Set: 3

Reps: 10

Rest: 30 secs



Hip Hinge

Assisted Single Leg Deadlift

Sets: 3

Reps 8

Rest: 30 secs



Single Leg Deadlift

Sets: 3

Reps 8

Rest: 30 secs



Squats and Pistol Squats Progressions

Heels elevated Squats

Sets: 3

Reps: 10



Floor Assisted Pistol Squats

Sets: 3

Reps: 6 each side



Inner Thighs and Mobility

Cossack Squats

Sets: 3

Reps: 6 (3 reps each side)

Rest: 1 min



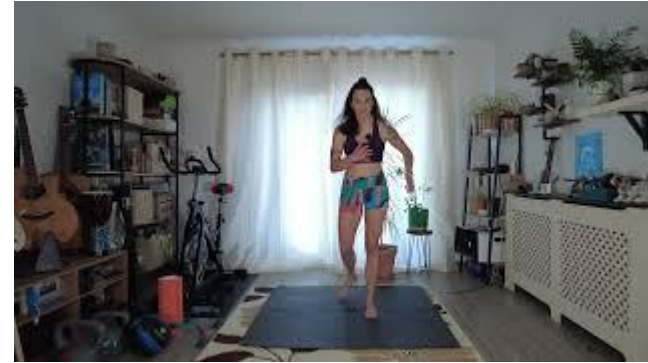
Skater Squats Progressions

Static Lunges

Sets: 3

Reps: 8 each side

Rest: 1 min



Mobility

Front Splits

Sets: 3 each side

As long as possible with good technique

Rest: 1 min



Middle Splits

Sets: 3 each side

As long as possible with good technique

Rest: 1 min



For more exercises get my lower body calisthenics
course for beginners:

<https://payhip.com/b/w9bML>