

Calf/Psoas/Butt Exercises

1. Hurdle circles. Forward and reverse, with and without a 10 lb. Ankle weight. Use a 24" hurdle or similar obstacle. 10x front and back with weight, then 30x without weight for endurance. →



2. Step-overs. Use an 18" hurdle. Tap the ground with the toes in front. Drive the knee forward, not to the ← side. 30 repetitions forward and back.



3. Walking down the aisle. This is like skipping, but with a lag in the stride to eliminate momentum. Do an exaggerated walk with a pop up to the toe during the support phase. Do them slowly. After doing these, do them with a high pop up from the calf with no momentum. (No photo.)

4. Wobble board front/back. You should do 120 in a minute. Do them without holding on to a rail, then work up to doing them without. →



5. Calf raises. On a step holding a 20 lb. weight. Do 10 reps., then as many as possible w/o the weight. Work up to 50 or more. Then do 30 with both feet on the step at the same time, using the ← weight.



6. Soleus raises. Sit on a step w/ a 20 lb. weight on your thigh, toes raised on a thick book. Do to Exhaustion. →



7. The fires of Hell. 10 lb. weight on the end of the foot. 20 circles clockwise, counter-clockwise, then up and down. ↓



7. Then do the raises standing on the step w/ the 20 lb. weight and with the weight-bearing ← knee slightly bent.



8. One-legged squats. You can do these in the gym with a machine, or against the wall at home with an exercise ball (or w/o). Squeeze your butt cheeks together. Do them without weight, or add weight if you can. ←





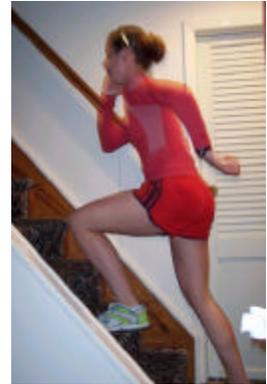
9. Back extension or Roman chair back extensions w/ 20 lb. weight. Do 2-3 times per week if you can. Go back and forth from the back extensions to the squats. Do with weight first (10-15 reps.), then for endurance w/o weight--at least 30 reps.



10. Step ups. The push should come from the front leg. Do reps on the same leg, 30 reps w/ 20 lb. Weight, then 3- reps on the other leg. →



11. Stand ups off the step or better yet, off the couch. Keep feet under knees. Lift off and sit back down on the couch slowly. ←Don't use momentum.



12. True lunges. Explode back. 2 x 15 on each leg. Make sure the knee comes to 90-degrees with knee over front foot, then explode back. ↓



13. Quad extensions. Keep your toes raised when doing these. You should be able to do 20 reps (or more) with 25% of your body weight. You can do these at home on a chair with ankle weights. At least 20 on each leg. More is better. ←



14. Psoas work. Reach-ups and reverse crunches (butt roll-ups.) Do as many as possible. If you do them correctly it won't take very many to wear yourself out.

