

## Beginner DB Legs 1

This is a beginner exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

### Set 1 - 2 x 10 reps each

Goblet squat  
Reverse lunge with DB  
Curtsey lunge with DB  
Step ups with DB  
Sit to stand with press DB  
Calf raises DB  
Glut bridge with DB  
Forward lunge with front raise  
Sumo squat heel raises  
Side lunge press

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### Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.