




FitKing2Go: Lower Body & Core Workout Guide

Strength · Stability · Mobility

No gym. No excuses. Just movement that matters.

 *Perfect for outdoor sessions, home workouts, or mobile coaching.*

 *Duration: ~45–60 minutes*

 *Equipment: Mat · Chair (optional)*

Cardio Starter

Build heat. Elevate your mindset.

Brisk Walk – 3 Miles

→ Maintain a steady pace. Focus on posture, breath, and rhythm.

Optional: Add intervals or incline for challenge.

Lower Body Strength (3 Rounds)

Sculpt glutes, quads, and hamstrings with control.

1. Reverse Lunges

→ Step back, drop knee, drive through front heel.

Reps: 10 each leg · **Sets:** 3

2. Single Leg Squat (Assisted if needed)

→ Balance on one leg, lower with control. Use chair or wall if needed.

Reps: 8–10 each leg · **Sets:** 3



3. Wide Squats

→ Feet wider than shoulders, toes slightly out. Drop low, squeeze glutes.

Reps: 15 · **Sets:** 3

4. Donkey Kicks

→ On all fours, kick heel upward. Keep core tight.

Reps: 12 each leg · **Sets:** 3

5. Glute Bridge

→ Lie on back, lift hips, squeeze at top.

Reps: 15 · **Sets:** 3

Core Activation (2 Rounds)

Stabilize your spine. Strengthen your center.

1. Dead Bug

→ Lie on back, arms and legs up. Lower opposite limbs slowly.

Reps: 10 each side · **Sets:** 2

2. Lying Torso Rotation

→ Knees bent, arms out. Drop knees side to side.

Reps: 10 each side · **Sets:** 2



Stretch & Recovery (5–7 min)

Release tension. Restore mobility.

- **Quad Stretch** – Standing or lying, hold 30–60 sec each leg
 - **Hamstring Stretch** – Seated or standing, hold 30–60 sec each leg
 - Optional: Add Child's Pose or Hip Flexor Stretch for deeper release
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💬 *“Strong legs. Strong core. Strong mind. You’re building more than muscle.”*

🦁 *Lead with strength. Move with purpose. Own your story.*
