

getfitnow

# STRONG LEGS

THE ALL-IN-ONE PROGRAM FOR  
SHAPING YOUR LOWER BODY



MICHAEL VOLKMAR

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## **STRONG LEGS**

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# CONTENTS

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## **LOWER BODY BASICS**

[Building a Better Lower Body](#)

[Tier 1 Core Lifts: The “Big 3”](#)

[Tier 2 Core Lifts](#)

[Nutrition and Strength Building](#)

[Conditioning and Recovery](#)

[Training Around Injuries](#)

[Gear and Equipment](#)

[Key Terms and Definitions](#)

## **THE WORKOUTS**

[\*\*Mobility Warm-Ups and Recovery Workouts\*\*](#)

[\*\*“Big 3” Programs\*\*](#)

[\*\*Powerhouse Lower Body 12-Week Program\*\*](#)

[\*\*Lower Body Squat 7-Week Program\*\*](#)

[\*\*Lower Body Deadlift 7-Week Program\*\*](#)

[\*\*Lower Body Rotation: Daily Workouts 3-Week Program\*\*](#)

[\*\*Lower Body Rotation: Weekly Workouts 3-Week Program\*\*](#)

[\*\*Strength Circuit Training 3-Week Program\*\*](#)

[\*\*Plug and Play Workouts\*\*](#)

[Lower Body Dumbbell Workouts](#)

[Lower Body Suspension Trainer Workouts](#)

[Lower Body Glutes Workouts](#)

[Lower Body Sled Workouts](#)

[Body Weight Blitz](#)

[Finishers and Challenges](#)

[Appendix A: DIY Fitness: Protocol Templates](#)

[Appendix B: Uncommon Exercise Database](#)

[Appendix C: Mobility Warm-Ups and Recovery Database](#)

[About the Author](#)

[Resources](#)





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**LOWER  
BODY  
BASICS**

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# BUILDING A BETTER LOWER BODY

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**T**here's no need for you to go back to school and get a graduate degree in anatomy and physiology, but having a basic knowledge of your lower body anatomy *will* help you better understand how to train the lower body holistically and optimally.

## A QUICK ANATOMY LESSON

In general terms, a lower body workout must focus on more than just a few exercises for the quads and hamstrings. The lower body includes three major joints: the ankle, the knee, and the hip. These three areas work through the cooperation of a series of muscle groups, discussed in more detail below.

### Hamstrings

These muscles, which form the back of your legs, work to flex your knees and extend your hips. Strong hamstrings help you jump explosively, as well as higher and farther. They also help in sprint deceleration, change of direction movements, and prevent overstriding. Strong hamstrings create more knee stability and help with keeping proper lower back posture. A set of strong hamstrings could be the key to your new Deadlift PR!

The Deadlift and Leg Curl exercises and their variations work to strengthen both hamstring muscles simultaneously. It is very important to include exercises that strengthen the hamstring both from hips (like Deadlifts) as well as from the knee (Leg Curl). In short, having a set of strong hamstrings could be the key to a new Deadlift personal record!

### Glutes

Your glutes are your largest and most multi-purpose muscle. The gluteus maximus comprises three different muscles that contribute to three major movements: namely, extension, rotation, and abduction. What this means is that your glutes are involved in all the major lower body exercises: Squat, Deadlift, Lunge, Glute Bridge, Jump, and Sprint. (The gluteus minimus and gluteus medius assist in all these movements and work to stabilize the hips.)

Having strong glutes ensures knee stability, alleviates undue knee stress during running and jumping, and helps prevent lower back pain and hamstring injuries. Finally, strong glutes will help prevent what is known as “gluteal amnesia”, a term which has gained popularity in recent years to describe the condition of people who sit at work for the majority of their day. Some even say sitting is the new smoking! Sitting all day weakens your glutes, creates tight hips, leads to back pain, and poor movement quality.

## Quadriceps

Also known as “the quads”, your quadriceps are four muscles located at the front of your leg who are the main movers when you extend your knees. They also help during hip flexion. Quads can be trained for performance as well as aesthetics; your quads help deepen your Squats, help you to jump higher and run faster, and make quicker cuts on the athletic field. But they can also be beautiful; a central element to body shaping. This includes the teardrop muscle, or VMO. This teardrop muscle is a coveted quad muscle that is key to having powerful, beautiful looking legs!

The quads are involved in all the major lower exercises: Squat, Hex Bar and Sumo Deadlift, Hip Thrust, Jump, Sprint, and Leg Extension (both Machine and Backward Sled Walk).

## Adductors

Also known as the inner thigh muscles, your adductors are best activated during single leg training, isolation exercises, and wide stance Squat and Sumo Deadlifts. They may be the muscles most neglected in traditional Squat and Deadlift

programs, but can be crucial in preventing the dreaded “groin strain”, as well as help to build faster crossover movements on the field, enhance knee stability, and create a general balance to one’s training.

## Calves

The calves consist of two primary muscles: the gastrocnemius (or “gastroc”) and the soleus. The “gastroc” is best trained when standing (with knees locked out) and the soleus is best trained when seated (with the knees bent).

The benefits of strong and powerful calves go beyond improved speed, athleticism, and jumping: strong calves can help prevent ankle sprains, as well as improve your self-confidence.

The key to a strong, happy, and healthy body is programming a wide variety of movements, which is where this book comes into play. Allow us to help you navigate training on multiple planes of movements—forward and backwards, side to side, jumping (vertical production of force and reduction of force) and sprinting (horizontal acceleration and deceleration) and rotation—with multiple variations of the Squat, Deadlift, and Lunge. Using the workout programs in this book, you’ll be fully equipped to start a comprehensive training program that targets all the key muscles in your body, in all the critical areas.

## STRENGTH STANDARDS

Merriam-Webster defines strength as follows: *“The quality or state of being strong: capacity for exertion or endurance.”*

All well and good, but it doesn’t say much about what it means for you, personally. Your definition of strength could mean four plates on the Hex Bar Deadlift, or 135 lbs. Walking Lunges, or any other exercise activity you enjoy that keeps you healthy, and is quantifiable.

The need to compare ourselves to others, to target some specific standard, is natural. We all do it, even if it’s just eyeballing the person next to us at the gym. But this often does

a disservice to the work we put in and the progress we make. My advice? Define your own strength. Do not let a barbell define who you are and whether or not you are strong.

## Basic Barbell Strength Standards

With that said, there will still be those who want to compare themselves and track their progress via the barbell. With that in mind, we provide some basic barbell strength standards for men and women here.

A quick word of caution on strength standards: strength standards are not an exact science, so look at them as general guidelines for learning where you can improve. Many strength standards over- or underestimate how much you can realistically lift due to age and anatomy. Strength tends to peak in your early to mid-thirties, while having shorter arms can lead to bigger bench presses, or longer legs to smaller Squats. Avoiding injuries, consistently eating a healthy diet, and training smartly are the best way to support consistent strength gains.

In an effort to offer a quick and easy-to-reference standard for this book, we'll rely on relative strength figures. Relative strength is based on your body weight, whereas absolute strength measures how much weight you can lift regardless of your body weight or size. More often than not, a bigger person is a stronger person. So, to even the playing field, we compare relative strength numbers.

These standards are for everyday Men and Women, not elite athletes or professional powerlifters, and are based on my 20 years of coaching and lifting. They are categorized as Levels 1, 2 and 3, where Level 1 is performing at below expected levels; Level 2 is performing at expected levels; and Level 3 is performing above expected levels.

**To convert your rep max to a projected 1RM, use this simple formula:**

$$\text{Weight Lifted} \times \text{Reps} \times .0333 + \text{Weight Lifted} = \text{Projected Max}$$

Exercise/Rep Max	Level 1	Level 2	Level 3
Barbell Squat (1 rep max)	1 x body weight	1.5 x body weight	2 x body weight
Barbell or Hex Bar Deadlift (1 rep max)	1.25 x body weight	1.75 x body weight	2.25 x body weight
Barbell Walking Lunges or Bulgarian Squat (5 rep max each leg)	0.5 x body weight	0.75 x body weight	1 x body weight
Hip Thrust (10 rep max)	1 x body weight	1.5 x body weight	2 x body weight

## THE “OLD SCHOOL” 1-REP MAX VS. REP MAX

I’ve worked in the strength and conditioning industry for almost 20 years, coaching at the elite high school, Division-I college, and professional levels. And over the last few years, we’ve seen a trend of the best high school and college coaches stressing the “old school” 1-rep max methodology less and less. Personally, I have started de-emphasizing the 1-rep max with my programs, instead preferring the rep max and relative strength approach.

This approach has a number of advantages, including:

**Safer progress.** Max lifting is a skill, developed over the course of years. How and when to attempt a “max out” is something that should be treated with respect and carefully planned for. Avoiding this temptation leads to a lot less lifting fails and reduces the risk of injury.

**Constant testing can derail strength building.** Solely focusing on the 1 rep max can cause you to miss out on building other qualities of strength, like endurance, power, and hypertrophy.

**A true 1-rep max effort really taxes your recovery.** A very heavy, truly parallel Squat or Deadlift from the floor is very taxing on your body and can “cost” you a few days (or more than a few) to recover from, meaning you lose days towards developing more strength.

**A new rep max can organically happen during your training program.** Four weeks ago, you may have gotten 4 reps at 225 lbs. on the Front Squat. Today, you did 7 reps at 225 lbs. on the Front Squat. Did you get stronger? Of course you did. But it happened naturally, over the

course of a holistic approach, without taxing your body or hindering recovery.



# TIER 1 CORE LIFTS: THE “BIG 3”

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**A**ny long-term program should be based on an exercise progression blueprint—one designed from the ground-up to produce proficient movement and high strength levels in the core/foundation movements. In this section, we break down the basics of exercise progression and their rationale, using the Tier 1 or “Big 3” core lifts as examples.

My “Big 3” for the lower body are Deadlift, Squat, and Lunge. These are multi-muscle movements that handle heavy weight and can be consistently progressed and trained for years.

## The “Big 3”

- 1. Deadlift:** Trap Bar Deadlift
- 2. Squat:** Barbell Front Squat
- 3. Lunge:** Dumbbell Lunge

Every exercise, every workout we do, is designed to help improve our technical proficiency and the strength level of the “Big 3” foundation movements. Once mastered, my “Big 3” can lead any workout warrior or athlete into a truly advanced power program, one which includes movements like the Olympic lifts (Clean and Snatch, Back Squat, and a conventional Deadlift from the floor).



PROGRESSION/ADVANCEMENT OF TIER 1 CORE LOWER BODY LIFTS						
Progression			Foundation Movements	Advancement		
#1	#2	#3		#1	#2	#3
Banded Good Morning	Kettlebell Sumo Deadlift	Sumo Deadlift	Trap Bar Deadlift	Barbell RDL	Barbell Deadlift	Barbell Hang Clean
Body Weight Squat	Dumbbell or Kettlebell Goblet Squat	Barbell Front Box Squat	Barbell Front Squat	Barbell Front Pause Squat	Barbell Back Box Squat	Barbell Back Squat with Chains or Bands
Body Weight Split Squat	Dumbbell Goblet Reverse Lunge	Dumbbell Goblet Bulgarian Squat	Dumbbell Walking Lunge	Dumbbell Lateral Lunge	Dumbbell Skater Squat	Barbell Lunge

## DEADLIFT: TRAP BAR DEADLIFT

Requiring less lower back stress when compared to the traditional Deadlift (due to a more vertical torso angle and the fact that your center of gravity stays inside the bar) the Trap Bar Deadlift is a great way to quickly build confidence in younger lifters. The movement is easy to learn and allows you to move some real weight; it also allows those who do not have proper mobility for a traditional Deadlift to lift safely.

### Building to the Trap Bar Deadlift

The following set of exercises, when mastered in sequence, help prepare you to be able to perform a correct Trap Bar Deadlift without difficulty.

1. **PVC Banded RDL 1.0.** Hold the PVC along the spine with one hand behind your head and the other hand on your lower back. You can also try this exercise kneeling.
2. **PVC Banded RDL 2.0.** Hold the PVC like a barbell to practice the RDL.
- 3a. **PVC Banded Good Morning 1.0.** The Good Morning movement reinforces the core stability needed to maintain a neutral spine during the hip hinge pattern.
- 3b. **PVC Banded Good Morning 2.0.** Loop the band around the back of your neck and step on the other end. The resistance is now vertical.

4. **Cable Pull-Through.** This is a great transition (moving from PVC to barbell work) because it minimizes lower back stress and really attacks the biggest issue inexperienced lifters have when learning the hinge—how to disassociate the hips from the lumbar spine.
5. **Light Training Barbell (15–35 lbs.) Banded RDL.**
6. **Light Training Barbell (15–35 lbs.) Banded Good Morning.**
7. **Kettlebell Sumo Banded Deadlift.**

*Repeat #5, #6, and #7 without the band*

8. **Barbell Sumo Deadlift.**
9. **Trap Bar Deadlift.**

**Advancements from the Trap Bar Deadlift include:**

- Barbell RDL
- Barbell Sumo Deadlift (loaded with heavier weight)
- Barbell Block Deadlift (raised 4–6 inches off the floor to overload the pull)
- Barbell Conventional Deadlift from the floor

## **SQUAT: BARBELL FRONT SQUAT**

As a movement, the Barbell Front Squat allows for more core activation and less lower back stress than the Back Squat. It's also great for younger, more inexperienced squatters, as less mobility is required to reach desired depths during the squat. It promotes better posture and thoracic extension for the average person who sits for 6–8 hours a day.

### **Building to the Barbell Front Squat**

Use the following exercises as stepping stones to reach the ultimate goal of the perfectly executed Barbell Front Squat.

1. **Body Weight Box Squat.** Squat and pause on the box
2. **Body Weight Squat**

3. **Body Weight ISO Squat** (work up to 20 second holds). Hold the bottom of the squat position for 20 second sets.
4. **Dumbbell/Kettlebell Goblet Box Squat.** Squat and pause on the box
5. **Dumbbell/Kettlebell Goblet Squat**
6. **Dumbbell/Kettlebell Goblet Pause Squat.** Hold the bottom of each Squat rep for 2 seconds while holding a Dumbbell or Kettlebell
7. **Barbell Front Box Squat.** Squat and pause on the box
8. **Barbell Front Squat**

*For those who struggle with the traditional Front Rack position:*

1. Switch to a “Body Building” grip or an arms crossed grip
2. Use lifting straps to create a neutral grip front rack position

## **LUNGE: DUMBBELL WALKING LUNGE**

The majority of sports and functional movements are performed on one leg, which is what makes Lunge movements so valuable to every athlete and person. Lunging improves strength and the ability to change directions while accelerating, decreases injury potential by building side-to-side symmetry, and works to develop stabilizers and balance in a way bilateral exercise (like Squats and Deadlifts) cannot. Lunges (and their variations) are one of the quickest ways to increase athleticism and build functional strength. It also produces less stress at the knee and lower back (versus the

Squat and Deadlift) making it a perfect option for those with a history of knee and/or lower back pain.

### **Building to the Dumbbell Walking Lunge**

- Body Weight Split Squat
- Dumbbell Goblet Reverse Lunge
- Dumbbell Goblet Bulgarian Squat

- Dumbbell Walking Lunge

**Advancements from the Dumbbell Lunge include:**

- All Lateral Lunge Variations
  - ◆ Stationary Lateral Lunge
  - ◆ Pause Stationary Lateral Lunge
  - ◆ Pause Overhead Stationary Lateral Lunge
  - ◆ Lateral Squat
  - ◆ Lateral Sled Walk
  - ◆ Lateral Lunge
  - ◆ Cross Over Sled Walk
  - ◆ Overhead Lateral Lunge
  - ◆ Pause Lateral Lunge
  - ◆ Pause Overhead Lateral Lunge
- 4-Way Lunge (Forward, Reverse, Lateral, Step Behind)
- Dumbbell Skater Squat
  - ◆ Hold two light dumbbells in front of your body for balance. Start the movement similar to a Reverse Lunge, but only allow the back knee to touch the floor.
- Barbell Walking Lunge
  - ◆ Front and/or Back Loaded



## **TIER 2 CORE LIFTS**

The remaining five core lifts are considered Tier 2. These are the movements that truly develop athleticism and contribute to a well-rounded lower body workout. In this section, we'll look at some quick examples of progression for each of these lifts:

1. Glute Bridge
2. Leg Curl
3. Leg Extension
4. Jump
5. Sprint/Conditioning

These movements (and their variations) are programmed into each workout because they train multi-directional movement, build change of direction strength and speed, and develop general fitness.

<b>PROGRESSION/ADVANCEMENT OF TIER 1 CORE LOWER BODY LIFTS</b>						
<b>Progression</b>			<b>Foundation Movements</b>	<b>Advancement</b>		
<b>#1</b>	<b>#2</b>	<b>#3</b>		<b>#1</b>	<b>#2</b>	<b>#3</b>
Glute Bridge	Single Leg Glute Bridge	Single Leg Hip Thrust	Barbell Glute Bridge	Barbell Hip Thrust	Kettlebell Single Leg Hip Thrust	Barbell Hip Thrust and Sling Shot
Machine (Prone or Seated) Leg Curl	Physoball Leg Curl	Physoball Single Leg Curl	Slider Leg Curl	Slider Single Leg Curl	Nordic/Russian Leg Curl	Glute Ham Raise
Banded Spanish Squat	Machine Leg Extension	Machine Single Leg Extension	Backward Sled Pull	Backward Sled Pull and Row	Light (50% of body weight) Backward Sled Pull for Speed or Longer Distance, moderate (100% body weight) for distance or heavy (150% body weight) for strength	
Drop Squat	Drop Split Squat	Depth Drop (off box)	Jump (Squat Jump/ Broad Jump)	Weighted Squat Jump/ Broad Jump	Depth Drop Jump	Continuous Hurdle Jumps
Steady State, Non-Impact Cardio	Interval, Non-Impact Cardio	Body Weight Conditioning Circuits (see my Body Weight Blitz program on page 199)	Sled Push (see Lower Body Sled Workouts on page 199)	Interval, Treadmill Sprints	Hill Sprints or Stadium Steps	Recreational Sports - Pick-up soccer/ basketball games; flag football
<p>The goal of this chart is to give you a clear and defined path to success. This is not a complete picture of all potential progressions and advancements available for these core movements; use this as a template to build from while creating workouts and ensuring workout balance.</p>						

## **GLUTE BRIDGE (Hip Extension)**

While the Deadlift, Squat, and Lunge activate the glutes, the Glute Bridge (and its variations) destroy the glutes *without* creating an additional load on the lower back. Especially important with today's sedentary society for both adults and children, the glutes tend to be underactive and lead to tight hips. This can create an environment of lower back pain and weak core stability and strength.

### **Glute Bridge Variations**

- Glute Bridge
- Single Leg Glute Bridge
- Glute Bridge (feet elevated on box or bench)
- Single Leg Glute Bridge (feet elevated on box or bench)
- Single Leg Hip Thrust
- Kettlebell Single Leg Hip Thrust
- Barbell Glute Bridge
- Barbell Hip Thrust
- Barbell Hip Thrust and Sling Shot around knees
- Barbell Hip Thrust with Chains or Band resistance

## **LEG CURL (Knee Flexion)**

While the Deadlift, Squat, and Lunge activate the hamstrings, they do so primarily at the hip. For complete hamstring development, you must have exercises that strengthen the hamstring at the knee as well.

### **Leg Curl Variations**

- Machine (Prone or Seated) Leg Curl
- Machine (Prone or Seated) Single Leg Curl
- Physioball Leg Curl
- Physioball Single Leg Curl

- Slider Leg Curl Negatives
- Slider Leg Curl
- Slider Single Leg Curl Negatives
- Slider Single Leg Curl
- Nordic/Russian Leg Curl
- Glute Ham Raise

## **BACKWARD SLED PULL (Leg Extension)**

While the Squat and Lunges work the Quads (especially the Front Squat and Short Step Lunge variations), leg extension exercises hammer your vastus medialis obliquus (or VMO). Also known as the “teardrop” muscle, the VMO is a key muscle in knee stabilization. More strength in the VMO means more knee stability which means pain-free knees!

### **Backward Sled Variations**

- Banded Spanish Squat
- Machine Leg Extension
- Machine Single Leg Extension
- Backward Sled Pull
- Backward Sled Pull + Row
- Light (50% body weight) Backward Sled Pull for Speed
- Longer Distance, Moderate (100% body weight) for distance
- Heavy (150% body weight) for strength

## **JUMP**

Jumping is the foundation of athleticism, building the body up for movement, deceleration, acceleration, and change of direction. It also works to develop the ability to absorb force



or decelerate (as that motion always precedes accelerating or moving in another direction).

Jump work, also known as plyometrics, will be found early in a workout, or else will be paired with a strength exercise in what is called Post-Activation Potentiation (PAP).

## Jump Progression

You *must* be able to decelerate (land) properly before you can accelerate (take off). With that in mind, we follow this progression path when building a jump foundation in a new lifter.

1. Drop Squat
2. Drop Split Squat
3. Depth Drop (from a box)
4. Squat Jump (Vertical Power)
5. Broad Jump (Horizontal Power)
6. Lateral Ice Skater Jumps

## SPRINT/CONDITIONING

As our bodies get older, it becomes increasingly vital to incorporate some level and type of sprint and/or conditioning activity. While it is certainly not a good idea to attempt the sprints you used to do at the end of high school football practice, it is still possible to build your body up and maintain your progress. Progression and accumulation are the two keys to building up conditioning for older athletes, as well as newer, less experienced athletes.

**Progression** means starting slow and building up, as well as starting simple and gradually increasing complexity. **Accumulation** means building on your progress from day to day, week to week, and month to month, staying consistent and dedicated.

Master Trainer Vern Gambetta best described a master's athlete progression: "Think of training as climbing a staircase. To get to the next step, you must negotiate the one before it.

Each succeeding step builds upon the previous one. Climbing the staircase may take longer with a novice athlete, which is why it's important to not take a step back. Older athletes should be encouraged to continue training, even if they switch the activity or emphasis.”

### **Benefits of Conditioning**

- Improved health of your most important muscle, the heart
- Improved recovery between heavy lifting sessions (day to day) and between heavy lifting sets
- Improved mental health: the sense of accomplishment and rush after finishing a hard-fought conditioning session cannot be understated

### **Sprint and Conditioning Exercises**

Your choice of conditioning activities should be based on safe, less taxing exercises than regular, flat ground sprints. They should also require less preparation, warm up and technique.

Remember the basics of progression: start simple and build to complex. This means keeping your volume (time or distance) low at the start, and working your way up.

- Steady state non-impact cardio
- Interval non-impact cardio
- Body weight conditioning circuits (see my Body Weight Blitz program on page [199](#))
- Sled Push (see my Lower Body Sled Workouts on page [195](#))
- Interval treadmill sprints
- Hill sprints or stadium steps
- Recreational sports: Pick-up soccer and basketball games; flag football

## **HIP ABDUCTION AND ADDUCTION**

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Despite hip abduction (glutes) and hip adduction (groin) exercises being just as important as any other exercise type for developing a strong lower body, I did not include them in my Tier 1 or Tier 2. This is because these muscle groups are already being activated during any single leg exercise.

In particular, the hip abductor (glutes) muscles are being worked whenever you add a mini-band or Sling Shot to your Squat and Glute Bridge exercises, while hip adductor (groin) muscles help balance and stabilize the knee during single leg exercises. Therefore, to create a well-rounded lower body, you need to consider adding specific hip abduction and hip adduction exercises.

### **Hip Abduction Exercises**

- Mini Band (at knees or ankles or both) Lateral Walks
- Mini Band Squat
- Mini Band Glute Bridge or Hip Thrust
- Mini Band Single Leg Glute Bridge or Hip Thrust

### **Hip Adduction Exercises**

- Medicine ball or dodgeball squeeze between knee (during Squat movements)
- Seated Hip Adductor Machine
- Standing Cable (attached to knee or ankle) Hip Adduction
- Side Plank with an Inside Leg Raise
- Copenhagen Hip Adduction Exercise
- Slider Lateral Lunge
- Wide Stance Squat
- Sumo Deadlift

*Note: All the above can be repeated with a Sling Shot for stronger people or those looking for a more challenging workout.*



# NUTRITION AND STRENGTH BUILDING

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**M**uscle does not build itself. Your ability to recover and grow from your workouts is directly related to your nutrition, meaning you must always be conscious of the need to properly fuel your body with the correct food choices.

Of course, the benefits of good daily nutrition go beyond a stronger Squat or bigger biceps:

- Improved recovery between workouts
- Increased energy and stamina
- Increased muscle
- Decreased body fat percentage
- Improved health and injury prevention
- Building positive, healthy nutrition habits for life

Nutrition, however, can be more than preparative or preventative. Nutrition also provides the critical “trigger” for translating weight training into increases in strength, power, speed and agility. Simply put, lifting and conditioning both serve to stimulate the body, but only with proper rest and nutrition do we see the muscular adaptations of speed, strength, and power occur.

## PRE-EXERCISE NUTRITION

**Why should you eat prior to exercise?**

Eating a meal prior to exercise replenishes muscle and liver glycogen stores. This is especially important for morning exercisers. An overnight fast can really deplete your body's glycogen (carbohydrate) stores. Not having enough carbohydrates to fuel a tough and brutal workout will really hamper your pursuit of strength gains!

A large meal should be eaten 3–4 hours prior to exercise. This allows for maximum digestion, absorption, and metabolism of the nutrients, and ensures that the stomach has emptied prior to exercising. You should look to have a mixture of carbohydrates, protein, and healthy fats in your pre-workout meal.

- Carbohydrates are the primary source of energy for anaerobic and prolonged high intensity aerobic activity.
- Protein in a pre-exercise meal will provide a small amount of energy to your muscle cells, decrease the breakdown of muscle protein, increase protein synthesis in muscle after the workout, and delay hunger prior to the exercise.
- Healthy fat is optional, and some people may experience some digestive issues when too much fat is present in their pre-workout meal. Other people may experience greater energy levels for a prolonged period of time. You will need to experiment to find the best fit for you.
- Stay hydrated to prevent dehydration from occurring too soon during exercise. Drink 17–20 fluid ounces 2–3 hours before any strenuous workouts and continue sipping on water throughout the workout.

Your actual needs for these three macronutrients (and fluids) will fluctuate depending on your size, genetics, and the duration and intensity of your activity. For example: the protein, carbohydrate, fat, and fluid requirements for a 165-pound person training 2–3 times per week vs. a 220-pound person recovering from 4–5 heavy duty training sessions are quite different.

## POST-EXERCISE NUTRITION

There are three great reasons to eat after exercise:

1. Refuels for the next bout of exercise
2. Rehydrates the body
3. Repairs muscles

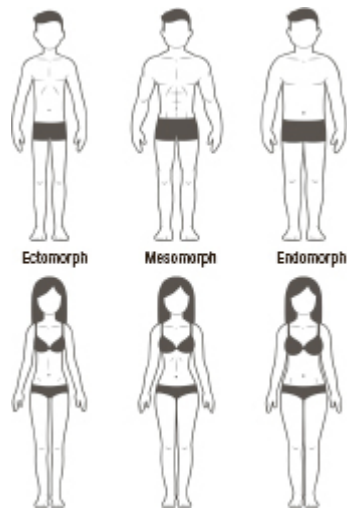
Aim to eat in the first two hours post-exercise. In terms of what to eat, you should look to have a meal that is very similar in style to your pre-workout meal (or a post-workout meal shake). In general, the best pre- and post-training meals will contain some combination of high-quality protein, high-quality carbohydrates, healthy fats, and some fruit and vegetables. Make it specific to your body type and exercise level by adjusting the ratio of protein to carbohydrate.

Sometimes, especially after an intense training session, you might not feel hungry. If you don't feel like eating, you can go with liquid nutrition. This can be as simple as a protein power mixture of whey and casein, prepared with 8–12 ounces of milk in a shaker cup. Want to take things to the next level? I personally recommend the Super Shake by Precision Nutrition. They provide multiple easy-to-make shakes that can fuel you before and after training.

Finally, drink—even if you are not thirsty. For every pound of sweat loss through activity, you should aim to drink 16 ounces of water. Fluids with sodium, potassium, and magnesium content can help to speed up rehydration.

## EATING ACCORDING TO YOUR BODY TYPE





There are three general categories of body types: ectomorph, mesomorph, and endomorph.

### **Ectomorph**

- Runner or endurance athlete build
- Can handle a higher carb diet
- Fast metabolism, or “hard gainer”
- Best diet strategy may be higher carb and lower fat

### **Mesomorph**

- Competitive CrossFit or football running back build
- Can handle a medium carb diet
- Builds muscle easier than most
- Best diet strategy may be a balance of carbs, lean protein, and healthy fat

### **Endomorph**

- Larger build with excess body weight in the belly and hips
- Poor carbohydrate tolerance
- Slower metabolism and difficulty with weight loss
- Best diet strategy may be most carbs from fruits and vegetables, high protein and medium fat

Most peoples' bodies are often a combination of these characteristics. Please allow your body to be your guide by experimenting with different nutritional approaches until you find what works best. In addition, don't judge a book by its cover. An ectomorph can easily gain a little belly fat from a sedentary lifestyle and a mesomorph could be a former "fat kid" who has trained hard and been consistent with healthy nutrition for year. Ultimately, honest efforts will yield honest results.

## NUTRITION PRINCIPLES, NOT RULES

Over the years, I have counseled my clients, athletes, friends, and family to follow proven principles, not strict rules when it comes to successful nutrition. Strict diet rules tends to lead a person to bouncing around from diet to diet, drastic weight cycling (gaining and losing 10–20 pounds in a matter of weeks), and/or complete discouragement because they failed again. This happens when, after radically reducing calories from what we are currently eating, we create a negative quality of life because we're saying "no" to social events, or we're making multiple major changes in a short period of time, compared to a lifestyle that developed over a lifetime.

Some lifelong nutrition principles to follow include:

- **Be honest with yourself and stop rationalizing what you know is bad for you.** You *do* have time in the morning for a better breakfast than Pop Tarts.
- **Eat veggies, fruits, lean proteins, higher fiber carbs, and heart healthy fats.** Every diet book you'll ever read and any diet you'll ever follow suggest these same basic tenets—because they work.
- **Consistent, healthy eating is only way for sustainable, healthy weight.** There is no one food (or macronutrient) that will make or break your diet. Any single food diets or diets that restrict entire food groups are no way to live. Put another way, eating

one salad doesn't get you ripped, just like eating one piece of birthday cake will not make you fat.

## DIETARY SUPPLEMENTS

Since dietary supplements are not regulated by the Food and Drug Administration (FDA), the safety of these supplements can always be compromised. As a result, third party organizations (Informed Choice, NSF Certified for Sport, the Banned Substance Control Group, and the Resource Exchange Center) test dietary supplements for safety.

However, these third-party organizations are checking primarily to make sure that what is listed on the label is actually in the bottle. For example, Red Bull has been tested as “safe;” that does not mean it is a good/safe choice for you to drink. It just means you are safe to know what is inside the bottle or can.

Working from that criteria, here are the “Big 4” that we recommend for building muscle:

### The “Big 4”

1. **Protein.** Either whey or casein, or a combination of both, to increase your daily protein intake and help muscle recovery.
2. **Fish oil.** To help heart health and muscles recovery.
3. **Creatine.** To add a few reps in the weight room and build strength.
4. **Beta-Alanine (Carnosine)** to help finish those final, brutal reps.

As a bonus, also consider:

**Vitamin D3.** Great for athletes in the winter months, Vitamin D3 can help fight off cold and flu season, muscle inflammation, stress, and general aches and pains.

**Joint care supplement.** For the mid- to late-age lifter, these can be an invaluable support to keep you lifting longer.



# CONDITIONING AND RECOVERY

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**C**onditioning and recovery go hand in hand with the pursuit of strength. Conditioning is an important part of fitness—it's not just for professional athletes or the people at your local CrossFit gym, it's for anyone that wants to be healthier, live longer, recover faster and look and feel their best. Recovery needs to be an active part of exercise in order to maximize your strength workouts.

## STRENGTH AND CONDITIONING

### How can conditioning make you stronger?

This book would not be complete without a quick section on conditioning, or “cardio” as it's commonly known. Whatever you call it, training your cardiovascular system is very important. Aerobic work supports better workouts by helping you recover between hard sets and hard days at the gym.

Your heart is the most important muscle in your body. That's right— not your quads, not your glutes, but your heart. Cardiovascular workouts like running, cycling or swimming make your heart and lungs work faster, harder, and more consistently than they do during strength sessions, meaning they become stronger and more efficient than they would during a given strength workout.

### When and how much?

There's an old weightlifting adage: “Stimulate, not annihilate.” You can apply the same principle to your conditioning, with your number one goal being “getting stronger.”

The number of days per week and how much time you choose to spend on cardio per week largely depends on your

fitness goals and current health. If you are prioritizing strength gain, do your cardio afterwards. This lets your body attack the workout when it is at its freshest. If you can separate your cardio and weight lifting sessions, so much the better.

Bottom line, the goal is to get stronger. If your conditioning is too much to recover from, then you may be doing too much. Your body will let you know: you can do as much work as you can recover from.

## How to Get Started

Start slow, with two cardio sessions per week. Both should be at low intensity, and only 20–30 minutes in length with your heart rate around 60–70 percent of max. Non-impact cardio is best—stationary bike, fan bike, elliptical trainer and incline treadmill walking are all great options.

You can add a third day when your resting heart rate (taken first thing in the morning) starts to improve and your strength continues to increase. If the opposite is happening—a raised resting heart rate and a strength plateau, dial back on the cardio.

### WHAT ABOUT INTERVAL TRAINING?

You can certainly add some interval sets to your cardio sessions, but a quick word of caution. Interval training, when done correctly, is the most taxing type of workout on the central nervous system. This stress to your body via conditioning will cost you the most in terms of recovery capital. Meaning, it will take longer to recover from and potentially interfere with your strength gains. When strength is the number one goal, try not to overdo your conditioning work.

## RECOVERY

We all want to train hard, but we often forget the need for equal and proactive effort in our recovery, which is why sports injuries are on the rise. A person's ability to recover is crucial; it allows them to train sooner, train harder, train longer, stay healthy, and continue their fitness pursuits.

Bottom line? Faster recovery = better performance.

## Prehab Exercises

Perhaps the most overlooked and important aspect of recovery is avoiding damage by preventing overuse. Prehab exercises are movements that strength coaches have borrowed from physical therapists and athletic trainers, and is essentially rehab exercise done while healthy in order to prevent injury.

The most overused areas in the lower body are the knees and hips. Some of my favorite prehab exercises for dealing with these problem areas include:

### Hip Prehab

- Bulgarian Squat Stretch
- Cook Hip Lift
- Mini Band Lateral Walks

### Knee Prehab

- Strength Band TKE (Terminal Knee Extension)
- Foam Roll IT Band
- Stability Ball Single Leg Glute Bridge

## Muscle Activation

Light muscle activation increases blood flow and speeds up recovery. That is why the best prescription for soreness is light activity.

The best light activities are:

- **Sled workouts.** Load a pulling sled with light weight (just enough to get the blood flowing). Sleds are particularly effective due to the dynamic stretching and lack of eccentric loading involved. See my sled workouts on page [195](#).
- **Body weight workouts.** Jumping rope, Squats, Walking Lunges, Push-Ups, TRX Rows, and Band Pull-Aparts are

all great body weight workouts for light activation. Try for 2 sets of 10–15 reps each exercise. See my Body Weight Blitz workouts on page [199](#).

- **Bike workouts.** 20–30 minutes at 60 percent of your max heart rate will really get the blood flowing.

## Warm-Up Sets

All the warm-ups in this book include activation (prehab exercises) and mobility (dynamic stretching) exercises to prepare your body for an intense leg day, but these are only words on paper. It is your responsibility to give these pre-workout exercises the same respect you give to the Squat, Deadlift, and Lunge.

## Daily Massage Work

The foam roller is among the most popular choices for post-workout release. Daily or twice-daily massages of overused muscles will greatly help recovery by breaking down the scar tissue built up during tough workouts and enhancing blood flow.

Other self-myofascial release tools include:

- Lacrosse balls
- Tennis balls or yoga tune-up balls
- Foam roller, homemade PVC foam roller, or Rumble Roller
- The Stick
- TriggerPoint's Performance Kit

## LIFESTYLE HABITS

In addition to what you can do before, during and after a workout to help your body recover, there are a number of good lifestyle habits to get into that will keep your body healthy and better able to respond to the demands of a rigorous workout schedule.



## **Sleep**

Sleep may be the most important factor in boosting recovery ability. Athletes should be in bed by 10 pm (which means shutting down all screens and devices) and get 8–10 hours of sleep per night. Good sleep is more potent than any dietary supplement, and a lack of sleep can also impede your ability to lose weight.

## **Hydration**

Someone who is dehydrated has a higher chance of cramping and will suffer from poor performance. Try to drink .75–1 ounce of water per pound of body weight each day.

## **Nutrition**

As mentioned in the previous chapter, eating more protein helps fuel muscle recovery. An hour or two after your workout, try to eat 20–40 grams of protein to jump start the recovery process. Also, eat a good breakfast in the morning to get your metabolism going.

## **Hydrotherapy**

The pool is great for full body recovery. Pool workouts take pressure off the joints and allow for improved blood flow, improved joint range of motion, and a decrease in general muscle soreness. Another tool is contrast showers. Post-workout, try cycling between hot and cold water in the shower. Contrasting relaxes and excites the muscles, improves post-workout blood circulation, and shortens recovery times.

## **Icing and Cryotherapy**

Decreasing muscle recovery time can be done effectively with cryotherapy. The cold helps reduce inflammation and speeds up the healing process. Take advantage of the ice roller, which combines the benefits of ice and foam rolling.

# TRAINING AROUND INJURIES

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**I**njuries when exercising are inevitable. You're training hard, you're pushing your limits; after training for a period of years, or even decades, you're going to find yourself with a handful of minor aches and pains. They come with the territory.

The problem occurs when we allow these minor issues to develop into crippling injuries. How you respond to a strained lower back muscle, or an achy knee, or sprained ankle—that's what is most important.

## ARE YOU HURTING? OR ARE YOU INJURED?

There is a difference between minor aches and pains and legitimate injury. Your aches and pains can frequently be resolved with proper prehab, mobility, and technique re-assessment. Real injuries often require the attention of a medical professional to properly treat. If you are uncertain, please allow an athletic trainer, doctor, and/or a physical therapist to shed some light on whether you are hurting or injured.

“Most people don't understand the difference between being sore or hurting, and actually being injured. Being sore or hurting from hard work/training is normal and expected if you plan to improve your fitness level. Most of these issues resolve with increased attention to warm-ups, stretching, foam rolling, technique adjustments, and/or a short period of rest (one to two days) if necessary.

“When someone is truly injured, the pain/injury does not improve within a couple of days with the actions listed previously and may actually become worse over the same period of time. That’s when attention from a medical professional is necessary

(i.e. an athletic trainer, physical therapist, physician, or orthopedic).”

— *Jose Roca LAT, ATC and Robin Gerber, MS, LAT, ATC*

**Some signs that you need to go see your doctor or physical therapist include:**

- Is the injured area swollen, inflamed, or bruised?
- Is there sharp, stabbing pain, burning, tingling, or a numbness type of pain?
- Are you experiencing intolerable pain for more than three days after the initial injury?
- Is there nagging pain with no improvement two weeks after the initial injury?

“Acute soreness in your muscles after any kind of workout is a fairly normal phenomenon. It typically occurs due to a build-up of lactic acid and is felt hours up to a day after physical activity. Delayed onset muscle soreness (DOMS) results after strenuous physical activity and presents as muscle soreness one to three days after exercise, especially in eccentric based training. This is a result of microtears in the muscle tissue resulting in inflammation; both phenomenon are normal characteristics of muscle building as a result of increased physical activity.

With proper hydration, stretching, warm-ups, warm-downs, and rest time, both phenomena are easily treated and self-limiting. If the soreness lasts for more than several days, or becomes more intense, evaluation by a trained professional is recommended. In addition, soreness in the muscles being trained is typical, but when

pain is located in the tendon insertions (e.g. Achilles tendon, patellar tendon, biceps tendon), a more serious problem may exist. If this type of pain persists or worsens, then once again, evaluation with a trained professional is recommended.”

— *Dr. Frederick S. Song, M.D.*

You can likely start easing back into your workouts when the original pain significantly improves with each day, and is completely gone within 3–5 days.

### **When looking to rebuild yourself post-injury:**

- Get a second pair of eyes to look over your technique. This can either be a qualified coach (CSCS) or a training partner; they may be able to see something you’ve been overlooking for years.
- Avoid load dysfunction. Your injury may well have been a result of heavy weights and poor technique.
- Remember that strength takes years to build. Be patient and constantly evaluate what is important and why you are training in the first place. You can’t go from zero to a CrossFit hero in a matter of weeks!
- Work back slowly, allowing your body time to adjust to the additional volume/stress after time off from an injury.
- Be your honest with yourself. Was it too much volume in your programming? Bad technique? Bad technique *and* heavy weight? Forcing yourself through exercises that don’t match your ability, mobility and/or goals isn’t going to do you any good whatsoever.

“Pain does not have to be as threatening as most people think. It does not necessarily mean damage or that something horrible happened. It is your body’s warning sign that something is off. When it comes to training and improving fitness, it can be an indicator that you pushed yourself past your current abilities, which is not

necessarily a bad thing because you need to be appropriately stressed in order to adapt or improve. On the other hand, it can be a warning sign that your movement quality and technique—your “form”—is off, therefore stressing certain structures in an undesirable way.

Now, if pain continues to persist despite quality training and coaching modifications, heed your body’s warning. If the injury is acute, the primary goal is to respect and manage that area so your body can heal. Depending on the injury, with the appropriate modifications you can definitely train around it; however, if it is something that is more chronic, has been nagging, or re-occurring, make sure you get to the root of whatever is driving that issue and address it from there.”

—*Dr. Benjamin Fan, DPT, CSCS, CMP*

### **Tips for Achy Knees**

- Activate the glutes and hamstring muscles first in the workout.
- Perform ankle, hip, and t-spine mobility after activation work.
- Place a Deadlift and/or Hip Thrust before your Squat in your workout.
- Use a box when squatting to keep a vertical shin.
- Focus on building single leg strength.

### **Tips for Back Pain**

- Activate the glutes and core stability muscles first in the workout.
- Perform hip and t-spine mobility after activation work.
- Place a Lunge and Hip Thrust before your Deadlift in your workout.

- Use a High Handle Hex Bar to keep an upright torso during a Deadlift.
- Focus on your core stability to ensure a neutral spine during all lifts.

You can persevere, continuing your training through minor aches and pains, but if you're experiencing the same pain during the same movements for weeks at a time, know that you are setting yourself up for a major injury.



# GEAR AND EQUIPMENT

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**T**he serious lifter has many options when it comes to choosing the proper gear and equipment to help further the pursuit of strength.

## SQUAT BELT

A squat belt allows the lifter to create great intra-abdominal tension. Used correctly, this increase in core stability can lead to bigger and safer lifts. The key is proper usage; it is not supposed to worn so tight that it functions like a corset—you need to be able to breathe! Rather, it should be worn snugly around your belly button so you can push your entire abdominal wall *against* the belt to create greater core stability.

If you choose to use a belt, we suggest only using it on lifts above 85 percent of your max and/or for sets of 3 reps or fewer.

## SQUAT SHOES

Originally used in Olympic lifting to help the athlete in very deep, very heavy Power Clean catches, squat shoes have since made it to the mainstream and into most gyms. The elevated heel the shoe creates immediately alleviates limited ankle mobility for instantly better squat depth and a more upright posture, which in turn lessens the shear force on the lower back.

They are a great addition to every lifter's gym bag, but please do not live in them. Take them off for all assistance and single leg work to allow your ankle to retain its functional movement.



## **KNEE SLEEVES**

Knee sleeves provide compression and warmth to the knee joint. A pair of sleeves could be exactly what's needed for an older lifter with cranky knees or a winter garage gym athlete, but please do not wear them to cover up pain. In the long term, the pain will only be exacerbated.

## **KNEE WRAPS**

Originating in the powerlifting community, knee wraps are made of a much thicker material than sleeves and primarily provide knee stability for lifters striving for 5–6 plate squats and/or three times body weight squats. They also give the lifter a mechanical advantage at the bottom of their squat due to the way the very tight wraps stretch.

Wraps should only be worn during your heaviest sets and/or competitions.

## **FLOSS BANDS**

A relative newcomer, floss bands compress the tissues in the ankle and knee joint and constrict blood flow. When the band is removed, the blood rushes back through these areas, taking with it any scar tissue, lactic acid, and other matter that contributes to inflammation.

Be sure to test and retest your range of motion, moving from one side to the other, and compare results before and after you use bands to see what a difference it makes. Warning: Please do not wrap too tightly, in order to avoid numbness, pins and needles or excessive changes to blood flow. More research studies are still needed to get a better understanding of the potential benefits of floss bands, but they can certainly benefit your achy ankles and knees.

Bottom line? Any or all of these pieces may have a place in your current program. But the rule of thumb is to avoid relying on any one of them. Most importantly, any gear you choose to wear should not be used as a band-aid to cover up any injury.

# KEY TERMS AND DEFINITIONS

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**T**hese terms will show up again and again in the workouts, and are meant to cue you in to how you are expected to perform each movement. Where additional instructions are necessary, they have been included in the workouts themselves. If you're ever confused on how to read the workouts, check back here to refresh yourself on how each of these techniques are utilized.

**747 Sets.** These sets help increase work capacity by building power and endurance. These are super-tough and will challenge even the strongest athletes. Beginning with 7 reps using a moderate weight, and without resting, increase the load and complete 4 reps. Finish the set by doing another 7 reps using a lighter weight.

**Daily Undulating Periodization (DUP).** A very structured program that rotates Max Effort, Dynamic Effort, and Repetition Effort exercises on a daily or weekly program.

**Dynamic Effort (DE) Sets.** These sets are inspired by powerlifting legend Louie Simmons and his conjugate method. Dynamic effort sets build strength and speed by working at a moderate intensity (55–70 percent) with max bar speed for only 2–3 reps for 8–10 sets.

**Glute Bridge/Hip Thrust.** The Glute Bridge is performed on the floor, while a Hip Thrust is done with your shoulders elevated on a bench.

**Lower Body “BIG 3”.** For the purposes of this book, this is understood to be the Deadlift, Squat, and Lunge.

**Max Effort (ME) Sets.** This is your traditional strength training, performed by working at high intensity (80–100 percent) for 1–5 reps and 3–8 sets.

**Mechanical Drop Sets.** Instead of simply dropping the weight to continue a set, you “drop” to an exercise with more mechanical advantage. (For example: moving from a Shoulder Press to a Chest Press to continue the set.)

**Metabolic Resistance Training.** New-school circuit training, focused on heavy weight training.

**Mobility.** The ability to *produce* a desired movement.

**Post Activation Potentiation (PAP) Sets.** This method pairs a heavy compound exercise (Dumbbell Chest Press, for example) with a lighter, dynamic exercise (such as Plyometric Push-Ups). By combining a strength exercise at 75–85 percent of max, immediately followed by a similar power exercise, you build explosive power.

**Pre-Exhaust Sets.** Sets performed by pairing an isolation exercise for a muscle group and, with no rest, doing a compound movement of the same muscle group.

**Prehab.** Prehab is a proactive approach to avoiding injury by activating inactive and underdeveloped muscles at the three key joints in the lower body: the ankles, hip, and lower back/core.

**PSD Sets.** Utilizes the old-school bodybuilding techniques of a pre-exhaust set, a strength (or max effort) set, and a mechanical drop set.

**Repetition Effort (RE) Sets.** Repetition effort sets build massive size by working at a moderate intensity (65–75 percent) for only higher volumes of 8–12 reps for 3–5 sets.

**Stability.** The ability to *resist* an undesired movement.





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# **THE WORKOUTS**

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**MOBILITY  
WARM-UPS AND  
RECOVERY  
WORKOUTS**

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**MOBILITY WARM-  
UPS AND  
RECOVERY  
WORKOUTS**

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This section provides you with the best exercises to prepare your body to dominate the Squat, Deadlift, and Lunge every time you hit the gym. Utilizing a “Prehab” approach, which describes a proactive method of avoiding injury, we activate inactive and underdeveloped muscles at the three joints of the lower body: the ankles, hips and lower back/core.

You can use these Mobility Warm-Ups and Recovery workouts at your discretion, as they work for any lower body workout in this book. They can also be performed as standalone workout during a recovery or transition week.

Finally, we have provided a database of quick-reference mobility exercises for lower body routines at the back of this book on page [216](#).

## **PROGRAM NOTES**

- The vast majority of warm-up and recovery exercises for the hips and glutes attack those muscles not primarily activated by the Squat, Deadlift, and Lunge. For this reason, we recommend the use of mini bands to help you activate the outside muscles of the hip and glutes with horizontal activation.

# **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

## **Workout #1**

### **Dynamic Warm-Up: Activate**

Single Leg Calf Raise - 2 sets of 20 reps each leg

Mini Band or Sling Shot Lateral Walk - 2 sets of 20 reps

### **Dynamic Warm-Up: Mobilize**

Band Overhead Squat Pattern - 2 sets of 12 reps

Kneeling Thoracic Rotations - 2 sets of 8 deep breaths each side

# **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

## **Workout #2**

### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Squat - 2 sets of 20 reps

Lateral Banded RDL - 2 sets of 8 reps each leg

### **Dynamic Warm-Up: Mobilize**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

PVC or Barbell Overhead Squat - 2 sets of 12 reps

# **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

## **Workout #3**

### **Dynamic Warm-Up: Activate**

Light Kettlebell or Power Block Dumbbell Ankle Circles - 2 sets of 8 circles in each direction per ankle

Lateral Banded Bulgarian Squat - 2 sets of 12 reps each leg

**Dynamic Warm-Up: Mobilize**

Floor Medicine Ball Thoracic Rotations - 2 sets of 8 deep breaths each side

Lateral Banded Lunge Stretch - 2 sets of 10 reps each side

**MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

**Workout #4**

**Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Diagonal Walk - 2 sets of 20 reps

Machine Leg (VMO) Extension - 2 sets of 20 reps

**Dynamic Warm-Up: Mobilize**

Banded Hamstring Stretch - 2 sets of 12 reps each leg

Cossack Squat - 2 sets of 8 reps each side

**MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

**Workout #5**

**Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

**Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

**MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

**Workout #6**

**Dynamic Warm-Up: Activate**

Linear Banded Kneeling Hip Extension - 2 sets of 15 reps

Side Plank - 2 sets of 30 seconds each side

**Dynamic Warm-Up: Mobilize**

Walking Lunge with Rotation - 2 sets of 15 reps each side

Toes Up PVC or Barbell RDL - 2 sets of 12 reps

## **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

### **Workout #7**

**Dynamic Warm-Up: Activate**

Banded Spanish Squat - 2 sets of 20 reps

Suspension Trainer Fallouts - 2 sets of 10 reps

**Dynamic Warm-Up: Mobilize**

Medicine Ball Thoracic Extension - 2 sets of 8 deep breaths  
each side

Couch Stretch - 2 sets of 10 reps each side

## **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

### **Workout #8**

**Dynamic Warm-Up: Activate**

Linear Banded (VMO) Low Bow Step-Up - 2 sets of 10 reps  
each leg

Side Plank with Top Leg Raise - 2 sets of 10 reps each side

**Dynamic Warm-Up: Mobilize**

Wall Half Kneeling 3-Way Ankle Mobility - 2 sets of 5 reps  
each direction each ankle

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

# **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

## **Workout #9**

### **Dynamic Warm-Up: Activate**

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

### **Dynamic Warm-Up: Mobilize**

Bretzel Stretch - 2 sets of 5 deep breaths each side

Band Overhead Squat Pattern - 2 sets of 12 reps

# **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

## **Workout #10**

### **Dynamic Warm-Up: Activate**

Physioball Crunch - 2 sets of 12 reps

Single Leg Hip Thrust - 2 sets of 20 reps each leg

### **Dynamic Warm-Up: Mobilize**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

Floor Medicine Ball Thoracic Rotations - 2 sets of 8 deep breaths each side

# **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

## **Workout #11**

### **Dynamic Warm-Up: Activate**

Superman - 2 sets of 20 reps

Standing Cable (attached to knee or ankle) Hip Adduction - 2 sets of 12 reps each leg

### **Dynamic Warm-Up: Mobilize**

Banded Hamstring Stretch - 2 sets of 12 reps each leg

Bretzel Stretch - 2 sets of 5 deep breaths each side

## **MOBILITY WARM-UPS AND RECOVERY WORKOUTS**

### **Workout #12**

#### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

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# **“BIG 3” PROGRAMS**

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## **“BIG 3” PROGRAMS**

This section focuses on multi-week programs, specifically designed around the Squat, Deadlift, and building power.

The workout programs featured in this section are:

- **Powerhouse Lower Body Program:** A 12-week program to help you gain explosive power, fast.

- **Lower Body Squat Program:** A 7-week Squat program to help you really Squat the House!
- **Lower Body Deadlift Program:** Get ready to grip it and rip it with a 7-week Deadlift program!
- **Lower Body Rotations (Daily/Weekly):** Rotating strength, power, and size workouts, these programs are provided in both daily and weekly formats.
- **Strength Circuit Program.** Build strength and burn body fat with a metabolic resistance training (MRT) 3-week program.



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# **POWERHOUSE LOWER BODY 12-WEEK PROGRAM**

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## **POWERHOUSE LOWER BODY**

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In this program, we rotate through various workouts focusing on power development. Structured as a 12-week program, these workouts feature heavily PAP Sets, Olympic movements (Hang Clean and Snatch), and dynamic effort sets. Each workout finishes with some sort of conditioning. If a workout

becomes too long, it is perfectly acceptable to do your conditioning on a separate day or at a later time (as a double session).

This program can also be completed in phases, breaking them up and using them at any time of year in four-week increments. For this reason, the program also includes a recovery week to help transition between phases. Also known as a transition week, this is a lower intensity week meant to give you an opportunity to learn the new movements used in the next phase.

# **POWERHOUSE LOWER BODY: PHASE I**

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## **PROGRAM NOTES**

- Allow for two days between workouts. For example, lift Monday and Thursday or Tuesday and Friday.
- General reps and sets are given for the conditioning exercises. These are guidelines only—pay attention to your body, and work according to your condition on that day.
- The first week is programmed for lower volume and intensity. This serves as a transition week to allow you to ease into high intensity training.

# **POWERHOUSE LOWER BODY: PHASE I WEEK 1: TRANSITION**

## **Workout #1: Clean Day**

### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

### **Olympic: Hang Clean**

Complete 3 reps for each set

Set 1: 55% max weight

Set 2: 65% max weight

Set 3: 75% max weight

### **PAP Power**

Alternate sets:

1A. Barbell Back Squat - 3 sets of 3 reps at 65% max weight

1B. Squat Jump - 3 sets of 5 reps

### **Carry**

Trap Bar Farmers Walks - 2 sets of 20–30 yards

### **Leg Curl**

TRX or Physioball Leg Curl - 2 sets of 15 reps

### **Conditioning**

Sled Push or Hill Sprints - 5 sets of 10 yards

**Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE I WEEK 1: TRANSITION**

## **Workout #2: PAP Power**

### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

### **PAP Power**

Alternate sets:

1A. Trap Bar Jump Shrug - 3 sets of 3 reps at 65% max weight

1B. Broad Jump - 3 sets of 5 reps

### **Lunge 747**

Dumbbell Bulgarian Squat 747 - 1 set

### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 2 sets of 15 reps

### **Leg Extension**

Light Backward Sled Pull - 2 sets of 10 yards

Perform using 50% of body weight, for speed.

### **Conditioning**

Stair Climbing - 4 sets of 10 steps each leg

### **Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE I WEEK 2**

## **Workout #1: Clean Day**

### **WORKOUT NOTES**

- Rest as necessary to be at full strength for each set of Hang Clean
- Super Set assistance exercises

#### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

#### **Olympic: Hang Clean**

Complete 3 reps for each set

Set 1: 55% max weight

Set 2: 65% max weight

Set 3: 75% max weight

Set 4: 85% max weight

#### **PAP Power**

Alternate sets:

1A. Barbell Back Squat - 4 sets of 3 reps at 65% max weight

1B. Squat Jump - 4 sets of 5 reps

#### **Carry**

Trap Bar Farmers Walks - 4 sets of 20–30 yards

#### **Leg Curl**

TRX or Physioball Leg Curl - 4 sets of 15 reps

**Conditioning**

Sled Push or Hill Sprints - 10 sets of 10 yards

**Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE I WEEK 2**

## **Workout #2: PAP Power**

### **WORKOUT NOTES**

- Use about 65% of your Trap Bar Deadlift max for Trap Bar Jump Shrug sets.

#### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

#### **PAP Power**

Alternate sets:

1A. Trap Bar Jump Shrug - 4 sets of 3 reps at 65% max weight

1B. Broad Jump - 4 sets of 5 reps

#### **Lunge 747**

Dumbbell Bulgarian Squat 747 - 3 sets

#### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 15 reps

#### **Leg Extension**

Light Backward Sled Pull - 4 sets of 10 yards

Perform using 50% of body weight, for speed.

#### **Conditioning**

Stair Climbing - 4–6 sets of 10 steps each leg

## **Cool down stretch and foam roll massage**



# **POWERHOUSE LOWER BODY: PHASE I WEEK 3**

## **Workout #1: Clean Day**

### **WORKOUT NOTES**

- Rest as necessary to be at full strength for each set of Hang Clean. Perform two additional “Down Sets” at 65% to work on proficiency.
- We add weight to the Barbell Back Squat this week.
- Super set the assistance exercises.

### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

### **Olympic: Hang Clean**

Complete 3 reps for each set

Set 1: 55% max weight

Set 2: 65% max weight

Set 3: 75% max weight

Set 4: 85% max weight

Set 5: 65% max weight

Set 6: 65% max weight

### **PAP Power**

Alternate sets:

1A. Barbell Back Squat - 4 sets of 3 reps at 70% max weight

1B. Squat Jump - 4 sets of 5 reps

## **Carry**

Trap Bar Farmers Walks - 4 sets of 20–30 yards

## **Leg Curl**

TRX or Physioball Leg Curl - 4 sets of 15 reps

## **Conditioning**

Sled Push or Hill Sprints - 10 sets of 10 yards

**Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE I WEEK 3**

## **Workout #2: PAP Power**

### **WORKOUT NOTES**

- Use about 65% of your Trap Bar Deadlift max for Trap Bar Jump Shrug sets.
- Increase reps for Trap Bar Jump Shrug to 5 reps per set.

#### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

#### **PAP Power**

Alternate sets:

1A. Trap Bar Jump Shrug - 4 sets of 5 reps at 65% max weight

1B. Broad Jump - 4 sets of 5 reps

#### **Lunge 747**

Dumbbell Bulgarian Squat 747 - 3 sets

#### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 15 reps

#### **Leg Extension**

Light Backward Sled Pull - 4 sets of 10 yards

Perform using 50% of body weight, for speed.

#### **Conditioning**

Stair Climbing - 6–8 sets of 10 steps each leg

**Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE I WEEK 4**

## **Workout #1: Clean Day**

### **WORKOUT NOTES**

- Added volume (reps and sets) to assistance work this week.

#### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

#### **Olympic: Hang Clean**

Complete 3 reps for each set

Set 1: 55% max weight

Set 2: 65% max weight

Set 3: 75% max weight

Set 4: 85% max weight

Set 5: 65% max weight

Set 6: 65% max weight

#### **PAP Power**

Alternate sets:

1A. Barbell Back Squat - 4 sets of 3 reps at 70% max weight

1B. Squat Jump - 4 sets of 5 reps

#### **Carry**

Trap Bar Farmers Walks - 4 sets of 30–40 yards

## **Leg Curl**

TRX or Physioball Leg Curl - 2 sets of 20 reps

## **Conditioning**

Sled Push or Hill Sprints - 10 sets of 10 yards

**Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE I WEEK 4**

## **Workout #2: PAP Power**

### **WORKOUT NOTES**

- Added volume (reps and sets) to assistance work this week.

#### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

#### **PAP Power**

Alternate sets:

1A. Trap Bar Jump Shrug - 4 sets of 5 reps at 65% max weight

1B. Broad Jump - 4 sets of 5 reps

#### **Lunge 747**

Dumbbell Bulgarian Squat 747 - 3 sets

#### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 20 reps

#### **Leg Extension**

Light Backward Sled Pull - 6 sets of 10 yards

Perform using 50% of body weight, for speed.

#### **Conditioning**

Stair Climbing - 6–8 sets of 10 steps each leg

**Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE II**

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Beginning with a recovery week, this phase rotates the exercises used for PAP Power and Dynamic Effort and introduces new speed drills.

## **PROGRAM NOTES**

- General reps and sets are given for the Conditioning workouts. These are guidelines; pay attention to your body, and work according to your condition on that day
- Conditioning work in this phase primarily uses the Sled. Focus on lighter loads to build more speed and heavier loads to build more strength.



# **POWERHOUSE LOWER BODY: PHASE II WEEK 5**

## **Workout #1: Recovery Week**

### **Dynamic Warm-Up: Activate**

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

### **Dynamic Warm-Up: Mobilize**

Bretzel Stretch - 2 sets of 5 deep breaths each side

Band Overhead Squat Pattern - 2 sets of 12 reps

### **Lunge**

Dumbbell Bulgarian Squats - 3 sets of 8 reps each leg

### **Leg Curl**

TRX or Physioball Leg Curl - 4 sets of 15 reps

### **Leg Extension**

Banded Spanish Squat - 2 sets of 20 reps

### **Optional Conditioning**

Sled Push - 4 sets of 10–20 yards

# **POWERHOUSE LOWER BODY: PHASE II WEEK 5**

## **Workout #2: Recovery Week**

### **Dynamic Warm-Up: Activate**

Linear Banded Kneeling Hip Extension - 2 sets of 15 reps

Side Plank - 2 sets of 30 seconds each side

### **Dynamic Warm-Up: Mobilize**

Walking Lunge with Rotation - 2 sets of 15 reps each side

Toes Up PVC or Barbell RDL - 2 sets of 12 reps

### **Barbell Hang Clean**

Barbell Hang Clean - 2 sets of 3 reps

Limit weight to 50% of max. Emphasize and practice a good catch.

### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 15 reps

### **Lunge**

Dumbbell Cossack Squat - 3 sets of 8 reps each leg

Hold dumbbells in front for balance.

### **Optional Conditioning**

Sled Push - 4 sets of 10–20 yards

# **POWERHOUSE LOWER BODY: PHASE II WEEK 5**

## **Workout #3: Recovery Week**

### **Dynamic Warm-Up: Activate**

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

### **Dynamic Warm-Up: Mobilize**

Walking Lunge with Rotation - 2 sets of 15 reps each side

Toes Up PVC or Barbell RDL - 2 sets of 12 reps

### **Barbell Front Pause Squat**

Barbell Front Pause Squat - 2 sets of 3 reps

Limit weight to 50% of max and emphasize proper depth and pause.

### **Olympic Assistance**

Dumbbell Single Arm Snatch - 4 sets of 5 reps each arm

### **Optional Conditioning**

Sled Push - 4 sets of 10–20 yards

# **POWERHOUSE LOWER BODY: PHASE II WEEK 6**

## **Workout #1: PAP Hang Clean Day**

### **WORKOUT NOTES**

- Rest as necessary to be at full strength for each set of Hang Clean.

#### **Dynamic Warm-Up: Activate**

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Bretzel Stretch - 2 sets of 5 deep breaths each side

Band Overhead Squat Pattern - 2 sets of 12 reps

#### **PAP Power**

Alternate sets:

1A. Barbell Hang Clean - 4 sets of 3 reps at 65% max weight

1B. Broad Jump - 4 sets of 5 reps

#### **Lunge**

Dumbbell Bulgarian Squats - 3 sets of 8 reps each leg

#### **Leg Curl**

TRX or Physioball Leg Curl - 4 sets of 15 reps

#### **Leg Extension**

Banded Spanish Squat - 2 sets of 20 reps

#### **Conditioning**

Moderate Sled Push - 10 sets of 30–50% body weight for 10 yards

**Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE II WEEK 6**

## **Workout #2: Dynamic Effort Front Pause Squat Day**

### **WORKOUT NOTES**

- Rest/pause sets A, B, and C = 1 set. Rest 20–25 seconds or take 3–4 big, deep breaths between sets.

#### **Dynamic Warm-Up: Activate**

Linear Banded Kneeling Hip Extension - 2 sets of 15 reps

Side Plank - 2 sets of 30 seconds each side

#### **Dynamic Warm-Up: Mobilize**

Walking Lunge with Rotation - 2 sets of 15 reps each side

Toes Up PVC or Barbell RDL - 2 sets of 12 reps

#### **Dynamic Effort**

Barbell Front Pause Squat - 8 sets of 3 reps at 55% max weight

#### **Olympic Assistance**

Dumbbell Single Arm Snatch - 4 sets of 5 reps each arm

#### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 15 reps

#### **Lunge**

Dumbbell Cossack Squat - 3 sets of 8 reps each leg

Hold dumbbells in front for balance.

#### **Conditioning**

Heavy Sled Push - 4–6 sets of 50–75% body weight for 10 yards

#### **Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE II WEEK 7**

## **Workout #1: PAP Hang Clean day**

### **WORKOUT NOTES**

- Increase to 70% of max for Hang Clean.
- Increase your weight on Bulgarian Squat if you hit all reps and sets last week.

### **Dynamic Warm-Up: Activate**

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

### **Dynamic Warm-Up: Mobilize**

Bretzel Stretch - 2 sets of 5 deep breaths each side

Band Overhead Squat Pattern - 2 sets of 12 reps

### **PAP Power**

Alternate sets:

1A. Barbell Hang Clean - 4 sets of 3 reps at 70% max weight

1B. Broad Jump - 4 sets of 5 reps

### **Lunge**

Dumbbell Bulgarian Squats - 3 sets of 8 reps each leg

### **Leg Curl**

TRX or Physioball Leg Curl - 4 sets of 15 reps

### **Leg Extension**

Banded Spanish Squat - 2 sets of 20 reps

### **Conditioning**

Moderate Sled Push - 10 sets of 30–50% of body weight for 10 yards

### **Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE II WEEK 7**

## **Workout #2: Dynamic Effort Front Pause Squat Day**

### **WORKOUT NOTES**

- Increase to 60% of max for all Dynamic Effort Front Pause Squat reps.
- Increase weight on Single Arm Snatch if you hit all your reps and sets last week.

### **Dynamic Warm-Up: Activate**

Linear Banded Kneeling Hip Extension - 2 sets of 15 reps

Side Plank - 2 sets of 30 seconds each side

### **Dynamic Warm-Up: Mobilize**

Walking Lunge with Rotation - 2 sets of 15 reps each side

Toes Up PVC or Barbell RDL - 2 sets of 12 reps

### **Dynamic Effort**

Barbell Front Pause Squat - 8 sets of 3 reps at 60% max weight

### **Olympic Assistance**

Dumbbell Single Arm Snatch - 4 sets of 5 reps each arm

### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 15 reps

### **Lunge**

Dumbbell Cossack Squat - 3 sets of 8 reps each leg

Hold dumbbells in front for balance.

### **Conditioning**

Heavy Sled Push - 4–6 sets of 50–75% body weight for 10 yards

**Cool down stretch and foam roll massage**



# **POWERHOUSE LOWER BODY: PHASE II WEEK 8**

## **Workout #1: PAP Hang Clean Day**

### **WORKOUT NOTES**

- Increased volume on all assistance work.

#### **Dynamic Warm-Up: Activate**

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Bretzel Stretch - 2 sets of 5 deep breaths each side

Band Overhead Squat Pattern - 2 sets of 12 reps

#### **PAP Power**

Alternate sets:

1A. Barbell Hang Clean - 4 sets of 3 reps at 70% max weight

1B. Broad Jump - 4 sets of 5 reps

#### **Lunge**

Dumbbell Bulgarian Squats - 4 sets of 8 reps each leg

#### **Leg Curl**

TRX or Physioball Leg Curl - 4 sets of 20 reps

#### **Leg Extension**

Banded Spanish Squat - 2 sets of 25 reps

#### **Conditioning**

Moderate Sled Push - 10 sets of 30–50% body weight

**Cool down stretch and foam roll massage**

# **POWERHOUSE LOWER BODY: PHASE II WEEK 8**

## **Workout #2: Dynamic Effort Front Pause Squat Day**

### **WORKOUT NOTES**

- Increased volume on all assistance work.

#### **Dynamic Warm-Up: Activate**

Linear Banded Kneeling Hip Extension - 2 sets of 15 reps

Side Plank - 2 sets of 30 seconds each side

#### **Dynamic Warm-Up: Mobilize**

Walking Lunge with Rotation - 2 sets of 15 reps each side

Toes Up PVC or Barbell RDL - 2 sets of 12 reps

#### **Dynamic Effort**

Barbell Front Pause Squat - 8 sets of 3 reps at 60% max weight

#### **Olympic Assistance**

Dumbbell Single Arm Snatch - 5 sets of 3 reps each arm

#### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 20 reps

#### **Lunge**

Dumbbell Cossack Squat - 3 sets of 10 reps each leg

Hold dumbbells in front for balance.

#### **Conditioning**

Heavy Sled Push - 4–6 sets of 50–75% body weight for 10 yards

#### **Cool down stretch and foam roll massage**

# POWERHOUSE LOWER BODY: PHASE III

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The biggest change during this final phase is moving from two days a week to three. This allows for more conditioning work; the volume in the weight room is slightly reduced to accommodate. Each workout focuses on full body power in the weight room. The first week is a recovery week to allow your body time to rest and to learn the final phase's exercises and movements.

## PROGRAM NOTES

- The reps, sets, and percentages for weight room exercise largely stay the same for this phase. This is done on purpose, to allow for a greater focus on barbell *speed*, not added weight.
- Two days a week are programmed for non-impact conditioning. This is done in an effort to keep your legs fresh.

# **POWERHOUSE LOWER BODY: PHASE III WEEK 9**

## **Workout #1: Transition Week**

### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Squat - 2 sets of 20 reps

Lateral Banded RDL - 2 sets of 8 reps each leg

### **Dynamic Warm-Up: Mobilize**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

PVC or Barbell Overhead Squat - 2 sets of 12 reps

### **PAP Power**

Alternate sets:

1A. Barbell Front Squat - 2 sets of 3 reps at 55% max weight

1B. Squat Jump - 2 sets of 3 reps

### **Lunge**

Pause Stationary Lateral Lunge - 2 sets of 4 reps per side with  
2 seconds pause each rep

### **Leg Curl**

Glute Ham Raise - 2 sets of 12 reps

### **Conditioning**

Moderate Sled Push - 3 sets of 20 yards

Perform using 30–50% body weight.

# **POWERHOUSE LOWER BODY: PHASE III WEEK 9**

## **Workout #2: Transition Week**

### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

### **Dynamic Effort**

Trap Bar Deadlift - 3 sets of 3 reps at 60% max weight

### **Squat Assistance**

Barbell Hip Thrust - 1 set of 6 reps

### **Leg Curl**

Slider Single Leg Curl - 1 set of 8 reps each leg

### **Dynamic and Mobility Warm-Up**

### **Conditioning**

Fan Bike - 20 minutes

# **POWERHOUSE LOWER BODY: PHASE III WEEK 9**

## **Workout #3: Transition Week**

### **Dynamic Warm-Up: Activate**

Linear Banded (VMO) Low Bow Step-Up - 2 sets of 10 reps each leg

Side Plank with Top Leg Raise - 2 sets of 10 reps each side

### **Dynamic Warm-Up: Mobilize**

Wall Half Kneeling 3-Way Ankle Mobility - 2 sets of 5 reps each direction each ankle

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

### **Olympic: Block or Rack Hang Clean**

Complete 5 reps for each set

Set 1: 45% max weight

Set 2: 55% max weight

Set 3: 65% max weight

### **Deadlift Assistance**

Kettlebell Sumo Deadlift - 3 sets of 4 reps

### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 2 sets of 20 reps

### **Conditioning**

Fan Bike - 20 minutes

# **POWERHOUSE LOWER BODY: PHASE III WEEK 10**

## **Workout #1: Front Squat Day**

### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Squat - 2 sets of 20 reps

Lateral Banded RDL - 2 sets of 8 reps each leg

### **Dynamic Warm-Up: Mobilize**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

PVC or Barbell Overhead Squat - 2 sets of 12 reps

### **PAP Power**

Alternate sets:

1A. Barbell Front Squat - 3 sets of 3 reps at 70% max weight

1B. Squat Jump - 3 sets of 5 reps

### **Lunge**

Pause Stationary Lateral Lunge - 3 sets of 6 reps per side with  
2 seconds pause each rep

### **Leg Curl**

Glute Ham Raise - 3 sets of 12 reps

### **Conditioning**

Moderate Sled Push - 6 sets of 20 yards

Perform using 30–50% body weight.

# **POWERHOUSE LOWER BODY: PHASE III WEEK 10**

## **Workout #2: Deadlift Day**

### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

### **Dynamic Effort**

Trap Bar Deadlift - 6 sets of 3 reps at 60% max weight

### **Squat Assistance**

Barbell Hip Thrust - 3 sets of 6 reps

### **Leg Curl**

Slider Single Leg Curl - 3 sets of 8 reps each leg

### **Conditioning**

Fan Bike - 20 minutes



# **POWERHOUSE LOWER BODY: PHASE III WEEK 10**

## **Workout #3: Hang Clean Day**

### **Dynamic Warm-Up: Activate**

Linear Banded (VMO) Low Bow Step-Up - 2 sets of 10 reps each leg

Side Plank with Top Leg Raise - 2 sets of 10 reps each side

### **Dynamic Warm-Up: Mobilize**

Wall Half Kneeling 3-Way Ankle Mobility - 2 sets of 5 reps each direction each ankle

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

### **Olympic: Block or Rack Hang Clean**

Complete 5 reps for each set

Set 1: 45% max weight

Set 2: 55% max weight

Set 3: 65% max weight

Set 4: 75% max weight

Set 5: 85% max weight

### **Deadlift Assistance**

Kettlebell Sumo Deadlift - 3 sets of 8 reps

### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 20 reps

### **Conditioning**

Fan Bike - 20 minutes

# **POWERHOUSE LOWER BODY: PHASE III WEEK 11**

## **Workout #1: Front Squat Day**

### **WORKOUT NOTES**

- Additional volume for conditioning sets.

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Squat - 2 sets of 20 reps

Lateral Banded RDL - 2 sets of 8 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

PVC or Barbell Overhead Squat - 2 sets of 12 reps

#### **PAP Power**

Alternate sets:

1A. Barbell Front Squat - 3 sets of 3 reps at 70% max weight

1B. Squat Jump - 3 sets of 5 reps

#### **Lunge**

Pause Stationary Lateral Lunge - 3 sets of 6 reps per side with 2 seconds pause each rep

#### **Leg Curl**

Glute Ham Raise - 3 sets of 12 reps

#### **Conditioning**

Backward Sled Walk - 4 sets x 10 yards

# **POWERHOUSE LOWER BODY: PHASE III WEEK 11**

## **Workout #2: Deadlift Day**

### **WORKOUT NOTES**

- New Shuttle exercise added to conditioning.

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Dynamic Effort**

Trap Bar Deadlift - 6 sets of 3 reps at 60% max weight

#### **Squat Assistance**

Barbell Hip Thrust - 3 sets of 6 reps

#### **Leg Curl**

Slider Single Leg Curl - 3 sets of 8 reps each leg

#### **Conditioning**

Fan Bike - 20 minutes

- 8 intervals of 20 seconds work and 40 seconds recovery.  
Steady state conditioning for remaining 10 minutes.

# **POWERHOUSE LOWER BODY: PHASE III WEEK 11**

## **Workout #3: Hang Clean Day**

### **WORKOUT NOTES**

- Multiple sets of Hang Clean (at 75% max) added to Acceleration.

#### **Dynamic Warm-Up: Activate**

Linear Banded (VMO) Low Bow Step-Up - 2 sets of 10 reps each leg

Side Plank with Top Leg Raise - 2 sets of 10 reps each side

#### **Dynamic Warm-Up: Mobilize**

Wall Half Kneeling 3-Way Ankle Mobility - 2 sets of 5 reps each direction each ankle

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

#### **Olympic: Block or Rack Hang Clean**

Complete 5 reps for each set

Set 1: 45% max weight

Set 2: 55% max weight

Set 3: 65% max weight

Set 4: 75% max weight

Set 5: 75% max weight

Set 6: 75% max weight

#### **Deadlift Assistance**

Kettlebell Sumo Deadlift - 3 sets of 8 reps

#### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 20 reps

## **Conditioning**

Fan Bike - 20 minutes

8 intervals of 20 seconds work and 40 seconds recovery.  
Steady state conditioning for remaining 10 minutes.

# **POWERHOUSE LOWER BODY: PHASE III WEEK 12**

## **Workout #1: Front Squat Day**

### **WORKOUT NOTES**

- New conditioning drill added.

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Squat - 2 sets of 20 reps

Lateral Banded RDL - 2 sets of 8 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

PVC or Barbell Overhead Squat - 2 sets of 12 reps

#### **PAP Power**

Alternate sets:

1A. Barbell Front Squat - 3 sets of 3 reps at 70% max weight

1B. Squat Jump - 3 sets of 5 reps

#### **Lunge**

Pause Stationary Lateral Lunge - 3 sets of 6 reps per side with  
2 seconds pause each rep

#### **Leg Curl**

Glute Ham Raise - 3 sets of 12 reps

#### **Conditioning**

Hill Sprints - reps and sets based on the length/grade of hill

# **POWERHOUSE LOWER BODY: PHASE III WEEK 12**

## **Workout #2: Deadlift Day**

### **WORKOUT NOTES**

- New Shuttle exercise added to conditioning sets.

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Dynamic Effort**

Trap Bar Deadlift - 6 sets of 3 reps at 60% max weight

#### **Squat Assistance**

Barbell Hip Thrust - 3 sets of 6 reps

#### **Leg Curl**

Slider Single Leg Curl - 3 sets of 8 reps each leg

#### **Conditioning**

Fan Bike - 20 minutes

- 8 intervals of 20 seconds work and 40 seconds recovery.  
Steady state conditioning for remaining 10 minutes.

# **POWERHOUSE LOWER BODY: PHASE III WEEK 12**

## **Workout #3: Hang Clean Day**

### **WORKOUT NOTES**

- Multiple sets of Hang Clean (at 75% max) added to Acceleration.

#### **Dynamic Warm-Up: Activate**

Linear Banded (VMO) Low Bow Step-Up - 2 sets of 10 reps each leg

Side Plank with Top Leg Raise - 2 sets of 10 reps each side

#### **Dynamic Warm-Up: Mobilize**

Wall Half Kneeling 3-Way Ankle Mobility - 2 sets of 5 reps each direction each ankle

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

#### **Olympic: Block or Rack Hang Clean**

Complete 5 reps for each set

Set 1: 45% max weight

Set 2: 55% max weight

Set 3: 65% max weight

Set 4: 75% max weight

Set 5: 75% max weight

Set 6: 75% max weight

#### **Deadlift Assistance**

Kettlebell Sumo Deadlift - 3 sets of 8 reps

#### **Glute Bridge**

Bench Sling Shot or Mini Band Glute Bridge - 4 sets of 20 reps



## **Conditioning**

Fan Bike - 20 minutes



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# **LOWER BODY SQUAT 7-WEEK PROGRAM**

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## **LOWER BODY SQUAT**

This is a seven-week program featuring six high intensity weeks separated by one recovery week in the middle, specifically designed to build your Squat! The mobility warm-up exercises in these workouts are focused on the hips, ankles, and thoracic spine for proper movement and depth. Warm-ups also include activation exercises for the glutes and hamstrings to keep your knees happy.

The assistance work in this program focuses on building up the traditional Squat weaknesses—glutes and core stability

—as well as creating a good training balance with the hamstrings and Lunge movement.

The four most important factors to building a bigger Squat are:

1. **Power.** Building acceleration and force production.
2. **Max Effort.** ME Squats mean squatting heavier loads.
3. **Dynamic Effort.** DE Squats mean squatting fast.
4. **Pause Squats.** This develops strength at the bottom of the squat where most people fail.

This phase also includes a recovery week in the fourth week. Also known as a transition week, this is a lower intensity week meant to give you an opportunity to learn the new movements used in the next phase.

## PROGRAM NOTES

- Week 1: Work up to about 80% of max and push for 6–8 reps or more.
- Week 2: Work up to about 85% of max and push for 4–6 reps or more.
- Week 3: Work up to about 90% of max and push for 2–4 reps or more.
- Week 4: Work up to about 60% of max and do only 5 reps.
- Week 5: Repeat weeks 1, 2, 3 and 4, adding more weight on the bar.
- You can substitute any Squat variation you wish in places where Max Effort Back Squats are programmed. It is of the utmost importance that you pick a variation (Back or Front Squat, with or without a box) that you enjoy and keeps you healthy. However, do not repeat the same variation two days in a row. The purpose of the second

day of Squats is barbell speed and technique, not heavy weight.

- The backbone to this program is the final “BIG set” as noted by “+”. Inspired by Jim Wendler’s 531 program, the “BIG set” is designed for max reps, not a 1-rep max. Record your reps for the “BIG set” each week to chart progress.

# LOWER BODY SQUAT WEEK 1

## Workout #1: Lower Body/Max Effort Squat Day

### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 80% of max and push for 6–8 reps or more.
- AMRAP for final “+” (the “BIG set”)

### Mobility and Core Stability Warm-Up

Walking Lunge with Rotation - 3 sets of 12 reps each leg

Physioball Front Plank Circles - 3 sets of 30–45 seconds

Medicine Ball Thoracic Extension - 3 sets of 6 deep breaths

Alternate Leg Raise - 3 sets of 10 reps each leg

### Max Effort Squat Strength

Barbell Front Box Squat

Set 1: 5 reps at 50% max weight

Set 2: 5 reps at 60% max weight

Set 3: 5 reps at 70% max weight

Set 4: 5 reps at 75% max weight

Set 5: 5+ reps at 80% max weight

### Lunge

Dumbbell Reverse Lunge - 3 sets of 10 reps each leg

### Glute Bridge

Single Leg Hip Thrust - 3 sets of 10 reps each leg

### Leg Extension

Backward Sled Pull - 4 sets of 20 yards

# LOWER BODY SQUAT WEEK 1

## Workout #2: Lower Body/Dynamic Effort Squat Day

### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- AMRAP for final “+” (the “BIG set”).

### Mobility and Core Stability Warm-Up

Walking Lunge with Rotation - 3 sets of 12 reps each leg

Physioball Front Plank Circles - 3 sets of 30–45 seconds

Medicine Ball Thoracic Extension - 3 sets of 6 deep breaths

Alternate Leg Raise - 3 sets of 10 reps each leg

### Dynamic Effort Squat Variation

Dumbbell Goblet Squat - 4 sets of 8 reps

### Deadlift Variation

Barbell RDL - 5 sets of 10 reps

### Lunge

Dumbbell Lateral Lunge - 3 sets of 10 reps each leg

### Leg Curl

Physioball Leg Curl - 3 sets of 15 reps

# LOWER BODY SQUAT WEEK 2

## Workout #1: Lower Body/ME Squat Day

### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 85% of max and push for 4–6 reps or more.
- Additional weight added to the Lunge this week.
- Additional volume added to assistance work.

### Mobility and Core Stability Warm-Up

Walking Lunge with Rotation - 3 sets of 12 reps each leg

Physioball Front Plank Circles - 3 sets of 30–45 seconds

Medicine Ball Thoracic Extension - 3 sets of 6 deep breaths

Alternate Leg Raise - 3 sets of 10 reps each leg

### Max Effort Squat Strength

Barbell Front Box Squat

Set 1: 5 reps at 55% max weight

Set 2: 5 reps at 65% max weight

Set 3: 3 reps at 75% max weight

Set 4: 3 reps at 80% max weight

Set 5: 3+ reps at 85% max weight

### Lunge

Dumbbell Reverse Lunge - 3 sets of 10 reps each leg

### Glute Bridge

Single Leg Hip Thrust - 3 sets of 15 reps each leg

### Leg Extension

Backward Sled Pull - 4 sets of 30 yards



# **LOWER BODY SQUAT WEEK 2**

## **Workout #2: Lower Body/Dynamic Effort Squat Day**

### **WORKOUT NOTES**

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Add weight to the Dumbbell Goblet Squat if you got more than 6 reps on the Barbell Front Box Squat in the previous workout.
- Additional volume added to assistance work.

### **Mobility and Core Stability Warm-Up**

Walking Lunge with Rotation - 3 sets of 12 reps each leg

Physioball Front Plank Circles - 3 sets of 30–45 seconds

Medicine Ball Thoracic Extension - 3 sets of 6 deep breaths

Alternate Leg Raise - 3 sets of 10 reps each leg

### **Dynamic Effort Squat Variation**

Dumbbell Goblet Squat - 4 sets of 8 reps

### **Deadlift Variation**

Barbell RDL - 5 sets of 10 reps

### **Lunge**

Dumbbell Lateral Lunge - 4 sets of 8 reps each leg

### **Leg Curl**

Physioball Leg Curl - 3 sets of 20 reps

# LOWER BODY SQUAT WEEK 3

## Workout #1: Lower Body/Max Effort Squat Day

### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 90% of max and push for 2–4 reps or more.
- Additional weight added to the Lunge this week.
- Additional volume added to assistance work.

### Mobility and Core Stability Warm-Up

Walking Lunge with Rotation - 3 sets of 12 reps each leg

Physioball Front Plank Circles - 3 sets of 30–45 seconds

Medicine Ball Thoracic Extension - 3 sets of 6 deep breaths

Alternate Leg Raise - 3 sets of 10 reps each leg

### Max Effort Squat Strength

Barbell Front Box Squat

Set 1: 5 reps at 60% max weight

Set 2: 5 reps at 70% max weight

Set 3: 5 reps at 80% max weight

Set 4: 3 reps at 85% max weight

Set 5: 1+ reps at 90% max weight

### Lunge

Dumbbell Reverse Lunge - 4 sets of 6 reps each leg

### Glute Bridge

Single Leg Hip Thrust - 3 sets of 15 reps each leg

### Leg Extension

Backward Sled Pull - 4 sets of 40 yards

# **LOWER BODY SQUAT WEEK 3**

## **Workout #2: Lower Body/Dynamic Effort Squat Day**

### **WORKOUT NOTES**

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Add weight to the Dumbbell Goblet Squat if you got more than 4 reps on the Barbell Front Box Squat in the last workout.

### **Mobility and Core Stability Warm-Up**

Walking Lunge with Rotation - 3 sets of 12 reps each leg

Physioball Front Plank Circles - 3 sets of 30–45 seconds

Medicine Ball Thoracic Extension - 3 sets of 6 deep breaths

Alternate Leg Raise - 3 sets of 10 reps each leg

### **Dynamic Effort Squat Variation**

Dumbbell Goblet Squat - 4 sets of 8 reps

### **Deadlift Variation**

Barbell RDL - 5 sets of 10 reps

### **Lunge**

Dumbbell Lateral Lunge - 4 sets of 8 reps each leg

### **Leg Curl**

Physioball Leg Curl - 3 sets of 20 reps

# **LOWER BODY SQUAT WEEK 4**

## **Workout #1: Recovery Week**

### **Mobility and Core Stability Warm-Up**

Band Overhead Squat Pattern– 2 sets of 6 reps

TRX or Ring Plank Fallouts - 2 sets of 6 reps

Lunge Yoga Rotations - 1 set of 5 reps each side

Hang Knee or Leg Raise - 1 set of 6 reps

### **Jump**

Box Jump OR Squat Jump - 2 sets of 3 reps

### **Max Effort Squat Strength**

Barbell Front Box Squat - 3 sets of 5 reps at 60% of max

### **Lunge**

Dumbbell Goblet Bulgarian Squat - 2 sets of 5 reps each leg

### **Glute Bridge**

Barbell Glute Bridge or Barbell Hip Thrust - 1 set of 12 reps

### **Leg Extension**

Machine Single Leg Extension - 1 set of 15 each leg

**Cool down stretch and 10 minutes foam roll massage**

# **LOWER BODY SQUAT WEEK 4**

## **Workout #2: Recovery Week**

### **Mobility and Core Stability Warm-Up**

Band Overhead Squat Pattern– 2 sets of 6 reps

TRX or Ring Plank Fallouts - 2 sets of 6 reps

Lunge Yoga Rotations - 1 set of 5 reps each side

Hang Knee or Leg Raise - 1 set of 6 reps

### **Pause Squat Variation**

Barbell Pause Back Squat - 2 sets of 3 reps (3 second pause each rep)

### **Deadlift Variation**

Trap Bar Deadlift - 2 sets of 3 reps

### **Lunge**

Lateral Sled Walks - 2 sets of 10 yards (2 each direction)

### **Leg Curl**

Slider Leg Curl or Glute Ham Raise - 1 set of 10 reps

**Cool down stretch and 10 minutes foam roll massage**

# LOWER BODY SQUAT WEEK 5

## Workout #1: Lower Body/Max Effort Squat Day

### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 80% of max and push for 6–8 reps or more.
- AMRAP for final “+” (the “BIG set”)

### **Mobility and Core Stability Warm-Up**

Band Overhead Squat Pattern - 3 sets of 12 reps

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Lunge Yoga Rotations - 3 sets of 8 reps each side

Hang Knee or Leg Raise - 3 sets of 12 reps

### **Jump**

Box Jump OR Squat Jump - 3 sets of 5 reps

### **Max Effort Squat Strength**

Barbell Front Box Squat

Set 1: 5 reps at 50% max weight

Set 2: 5 reps at 60% max weight

Set 3: 5 reps at 70% max weight

Set 4: 5 reps at 75% max weight

Set 5: 5+ reps at 80% max weight

### **Lunge**

Dumbbell Goblet Bulgarian Squat - 3 sets of 5 reps each leg

### **Glute Bridge**

Barbell Glute Bridge or Barbell Hip Thrust - 3 sets of 10 reps

### **Leg Extension**

Machine Single Leg Extension - 3 sets of 15 reps each leg

# **LOWER BODY SQUAT WEEK 5**

## **Workout #2: Lower Body/Dynamic Effort Squat Day**

### **WORKOUT NOTES**

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.

#### **Mobility and Core Stability Warm-Up**

Band Overhead Squat Pattern - 3 sets of 12 reps

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Lunge Yoga Rotations - 3 sets of 8 reps each side

Hang Knee or Leg Raise - 3 sets of 12 reps

#### **Pause Squat Variation**

Barbell Pause Back Squat - 5 sets of 5 reps (3 second pause each rep)

#### **Deadlift Variation**

Trap Bar Deadlift - 4 sets of 6 reps

#### **Lunge**

Lateral Sled Walks - 4 sets of 20 yards (2 each direction)

#### **Leg Curl**

Slider Leg Curl or Glute Ham Raise - 3 sets of 10 reps



# LOWER BODY SQUAT WEEK 6

## Workout #1: Lower Body/ME Squat Day

### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 85% of max and push for 4–6 reps or more.
- AMRAP for final “+” (the “BIG set”)
- Additional volume added to assistance work.

### Mobility and Core Stability Warm-Up

Band Overhead Squat Pattern– 3 sets of 12 reps

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Lunge Yoga Rotations - 3 sets of 8 reps each side

Hang Knee or Leg Raise - 3 sets of 12 reps

### Jump

Box Jump or Squat Jump - 3 sets of 5 reps

### Max Effort Squat Strength

Barbell Front Box Squat

Set 1: 5 reps at 55% max weight

Set 2: 5 reps at 65% max weight

Set 3: 3 reps at 75% max weight

Set 4: 3 reps at 80% max weight

Set 5: 3+ reps at 85% max weight

### Lunge

Dumbbell Goblet Bulgarian Squat - 3 sets of 8 reps each leg

### Glute Bridge

Barbell Glute Bridge or Barbell Hip Thrust - 3 sets of 10 reps

### Leg Extension

Machine Single Leg Extension - 3 sets of 15 reps each leg

# **LOWER BODY SQUAT WEEK 6**

## **Workout #2: Lower Body/ Dynamic Effort Squat Day**

### **WORKOUT NOTES**

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Add weight to the Barbell Pause Back Squat if you got 6 reps on the Barbell Front Box Squat in the previous workout.
- Additional volume added to assistance work.

### **Mobility and Core Stability Warm-Up**

Band Overhead Squat Pattern– 3 sets of 12 reps

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Lunge Yoga Rotations - 3 sets of 8 reps each side

Hang Knee or Leg Raise - 3 sets of 12 reps

### **Pause Squat Variation**

Barbell Pause Back Squat - 5 sets of 5 reps (3 second pause each rep)

### **Deadlift Variation**

Trap Bar Deadlift - 4 sets of 6 reps

### **Lunge**

Lateral Sled Walks - 4 sets of 25 yards (2 each direction)

### **Leg Curl**

Slider Leg Curl or Glute Ham Raise - 4 sets of 8 reps

# LOWER BODY SQUAT WEEK 7

## Workout #1: Lower Body/Max Effort Squat Day

### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 90% of max and push for 2–4 reps or more.
- AMRAP for final “+” (the “BIG set”)
- Additional volume added to assistance work.

### Mobility and Core Stability Warm-Up

Band Overhead Squat Pattern– 3 sets of 12 reps

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Lunge Yoga Rotations - 3 sets of 8 reps each side

Hang Knee or Leg Raise - 3 sets of 12 reps

### Jump

Box Jump OR Squat Jump - 3 sets of 5 reps

### Max Effort Squat Strength

Barbell Front Box Squat

Set 1: 5 reps at 60% max weight

Set 2: 5 reps at 70% max weight

Set 3: 5 reps at 80% max weight

Set 4: 3 reps at 85% max weight

Set 5: 1+ reps at 90% max weight

### Lunge

Dumbbell Goblet Bulgarian Squat - 4 sets of 5 reps each leg

### Glute Bridge

Barbell Glute Bridge or Barbell Hip Thrust - 3 sets of 12 reps

### Leg Extension

Machine Single Leg Extension - 3 sets of 15 each leg

# LOWER BODY SQUAT WEEK 7

## Workout #2: Lower Body/Dynamic Effort Squat Day

### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Use a lower volume, but pause for longer during each rep of Barbell Pause Back Squat.
- Add weight to the Trap Bar Deadlift if you got 4 or more reps on the Barbell Front Box Squat during the previous workout.

### Mobility and Core Stability Warm-Up

Band Overhead Squat Pattern– 3 sets of 12 reps

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Lunge Yoga Rotations - 3 sets of 8 reps each side

Hang Knee or Leg Raise - 3 sets of 12 reps

### Pause Squat Variation

Barbell Pause Back Squat - 5 sets of 3 reps (5 second pause each rep)

### Deadlift Variation

Trap Bar Deadlift - 4 sets of 6 reps

### Lunge

Lateral Sled Walks - 4 sets of 25 yards (2 sets each direction)

### Leg Curl

Slider Leg Curl or Glute Ham Raise - 4 sets of 8 reps



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# **LOWER BODY DEADLIFT 7-WEEK PROGRAM**

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## **LOWER BODY DEADLIFT**

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This is a seven-week program focused on maxing your Deadlift! Featuring six high intensity weeks separated by one recovery week in the middle, this program is specifically designed to build a stronger foundation for Deadlift PRs. Mobility warm-up exercises in this program are focused on the



hips, ankles, and thoracic spine for proper movement and depth. The warm-ups also include activation exercises for the glutes and hamstrings to keep your knees happy.

The best assistance exercises for a bigger Deadlift will always be the Deadlift itself, along with its variations. No surprise—you run to get faster, write to get better at writing, so we practice the Deadlift to get better at deadlifting.

The assistance work in this program focuses on building up the traditional Deadlift weaknesses, namely off the floor movements and lockouts. In addition, we look to create a training balance with the hamstrings and Lunge movement.

The four most important factors over the next seven weeks will be:

1. **Power.** Building acceleration and force production.
2. **Max Effort.** ME Deadlifts mean deadlifting heavier loads.
3. **Dynamic Effort.** DE Deadlifts mean deadlifting fast.
4. **Deficit or Block Deadlift.** We program for Deficit Deadlifts (2–4 inches below the barbell) when you're struggling to bring the weight off the floor. We program for Block Deadlifts (2–6 inches off the floor) when you're struggling at lockout.

This phase also includes a recovery week in the fourth week. Also known as a transition week, this is a lower intensity week meant to give you an opportunity to learn the new movements used in the next phase.

## PROGRAM NOTES

- Week 1: Work up to about 80% of max and push for 6–8 reps or more.
- Week 2: Work up to about 85% of max and push for 4–6 reps or more.

- Week 3: Work up to about 90% of max and push for 2–4 reps or more.
- Week 4: Work up to about 60% of max and do only 5 reps.
- Week 5: Repeat weeks 1, 2, 3 and 4, adding more weight on the bar.
- You can substitute any Deadlift variation you wish in places where Max Effort Deadlifts are programmed. It is of the utmost importance that you pick a variation that you enjoy and keeps you healthy. However, do not repeat the same variation two days in a row. The purpose of the second day of Deadlifts is barbell speed and technique, not heavy weight.
- The backbone to this program is the final “BIG set” as noted by “+”. Inspired by Jim Wendler’s 531 program, the “BIG set” is designed for max reps, not a 1-rep max. Record your reps for the “BIG set” each week to chart progress.

# LOWER BODY DEADLIFT

## WEEK 1

### Workout #1: Lower Body/Max Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 80% of max and push for 6–8 reps or more.
- AMRAP for final “+” (the “BIG set”)

#### Mobility and Core Stability Warm-Up

Dumbbell “T” Balance - 3 sets of 8 reps each leg

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Floor Medicine Ball Thoracic Rotations - 3 sets of 8 deep breaths each side

Side Plank - 3 sets of 45 seconds each side

#### Max Effort Deadlift Strength

Barbell Deadlift

Set 1: 5 reps at 50% max weight

Set 2: 5 reps at 60% max weight

Set 3: 5 reps at 70% max weight

Set 4: 5 reps at 75% max weight

Set 5: 5+ reps at 80% max weight

#### Lunge

Dumbbell Walking Lunge - 3 sets of 10 reps each leg

#### Glute Bridge

Single Leg Kettlebell Hip Thrust - 3 sets of 10 reps each leg

#### Leg Curl

Physioball Leg Curl - 3 sets of 15 reps

# LOWER BODY DEADLIFT

## WEEK 1

### Workout #2: Lower Body/Dynamic Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- AMRAP for final “+” (the “BIG set”).

#### **Mobility and Core Stability Warm-Up**

Dumbbell “T” Balance - 3 sets of 8 reps each leg

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Floor Medicine Ball Thoracic Rotations - 3 sets of 8 deep breaths each side

Side Plank - 3 sets of 45 seconds each side

#### **Dynamic Effort Deadlift Variation**

Barbell Hex Bar Deadlift - 4 sets of 8 reps

#### **Squat Variation**

Barbell Back Box Squat - 3 sets of 8 reps

#### **Good Morning**

Banded Good Morning - 4 sets of 10 reps

#### **Leg Extension**

Heavy Backward Sled Pull - 4 sets of 10 yards

Perform using 150% of body weight.

# LOWER BODY DEADLIFT

## WEEK 2

### Workout #1: Lower Body/Max Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 85% of max and push for 4–6 reps or more.
- AMRAP for final “+” (the “BIG set”).
- Additional weight added to Lunge and Hip Thrust.

#### Mobility and Core Stability Warm-Up

Dumbbell “T” Balance - 3 sets of 8 reps each leg

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Floor Medicine Ball Thoracic Rotations - 3 sets of 8 deep breaths each side

Side Plank - 3 sets of 45 seconds each side

#### Max Effort Deadlift Strength

Barbell Deadlift

Set 1: 5 reps at 55% max weight

Set 2: 5 reps at 65% max weight

Set 3: 3 reps at 75% max weight

Set 4: 3 reps at 80% max weight

Set 5: 3+ reps at 85% max weight

#### Lunge

Dumbbell Walking Lunge - 3 sets of 10 reps each leg

#### Glute Bridge

Single Leg Kettlebell Hip Thrust - 3 sets of 10 reps each leg

## **Leg Curl**

Physioball Leg Curl - 3 sets of 15 reps

# LOWER BODY DEADLIFT

## WEEK 2

### Workout #2: Lower Body/Dynamic Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- AMRAP for final “+” (the “BIG set”).
- Add weight to the Barbell Back Box Squat if you got 6 reps of Barbell Deadlift in the previous workout.

#### **Mobility and Core Stability Warm-Up**

Dumbbell “T” Balance - 3 sets of 8 reps each leg

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Floor Medicine Ball Thoracic Rotations - 3 sets of 8 deep breaths each side

Side Plank - 3 sets of 45 seconds each side

#### **Dynamic Effort Deadlift Variation**

Barbell Hex Bar Deadlift - 4 sets of 8 reps

#### **Squat Variation**

Barbell Back Box Squat - 3 sets of 8 reps

#### **Good Morning**

Banded Good Morning - 4 sets of 10 reps

#### **Leg Extension**

Heavy Backward Sled Pull - 4 sets of 10 yards

Perform using 150% of body weight.



# LOWER BODY DEADLIFT

## WEEK 3

### Workout #1: Lower Body/Max Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 90% of max and push for 2–4 reps or more.
- AMRAP for final “+” (the “BIG set”).
- New rep schemes implemented for Lunge and Hip Thrust.

#### **Mobility and Core Stability Warm-Up**

Dumbbell “T” Balance - 3 sets of 8 reps each leg

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Floor Medicine Ball Thoracic Rotations - 3 sets of 8 deep breaths each side

Side Plank - 3 sets of 45 seconds each side

#### **Max Effort Deadlift Strength**

Barbell Deadlift

Set 1: 5 reps at 60% max weight

Set 2: 5 reps at 70% max weight

Set 3: 5 reps at 80% max weight

Set 4: 3 reps at 85% max weight

Set 5: 1+ reps at 90% max weight

#### **Lunge**

Dumbbell Walking Lunge - 4 sets of 6 reps each leg

#### **Glute Bridge**

Single Leg Kettlebell Hip Thrust - 4 sets of 8 reps each leg

## **Leg Curl**

Physioball Leg Curl - 3 sets of 15 reps

# LOWER BODY DEADLIFT

## WEEK 3

### Workout #2: Lower Body/Dynamic Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- AMRAP for final “+” (the “BIG set”)
- Add weight to the Barbell Back Box Squat if you completed 4 reps of Barbell Deadlift in the previous workout.
- Additional volume added to assistance work.

#### **Mobility and Core Stability Warm-Up**

Dumbbell “T” Balance - 3 sets of 8 reps each leg

TRX or Ring Plank Fallouts - 3 sets of 12 reps

Floor Medicine Ball Thoracic Rotations - 3 sets of 8 deep breaths each side

Side Plank - 3 sets of 45 seconds each side

#### **Dynamic Effort Deadlift Variation**

Barbell Hex Bar Deadlift - 4 sets of 8 reps

#### **Squat Variation**

Barbell Back Box Squat - 4 sets of 4 reps

#### **Good Morning**

Banded Good Morning - 4 sets of 15 reps

#### **Leg Extension**

Heavy Backward Sled Pull - 4 sets of 10 yards

Perform using 150% of body weight.

# **LOWER BODY DEADLIFT**

## **WEEK 4**

### **Workout #1: Recovery Week**

#### **Mobility and Core Stability Warm-Up**

Lateral Banded Lunge Active Stretch - 2 sets of 10 reps each side

Dumbbell Farmers Carry - 2 sets of 20 steps

Banded Hamstring Active Stretch - 2 sets of 10 reps each leg

Cable Pallof Press - 2 sets of 8 reps each side

#### **Power**

Broad Jump - 2 sets of 3 jumps

#### **Lunge**

Dumbbell Skater Squat - 1 set of 5 reps each leg

#### **Glute Bridge**

Barbell Hip Thrust with Sling Shot or Mini Band (at knees) - 2 sets of 8 reps

#### **Leg Curl**

Glute Ham Raise - 2 sets of 10 reps

**Cool down stretch and 10 minutes foam roll massage**

# **LOWER BODY DEADLIFT**

## **WEEK 4**

### **Workout #2: Recovery Week**

#### **Mobility and Core Stability Warm-Up**

Lateral Banded Lunge Active Stretch - 2 sets of 10 reps each side

Dumbbell Farmers Carry - 2 sets of 20 steps

Banded Hamstring Active Stretch - 2 sets of 10 reps each leg

Cable Pallof Press - 2 sets of 8 reps each side

#### **Barbell Deadlift**

Barbell Deadlift - 2 sets of 4 reps

#### **Squat Variation**

Barbell Back High Box Squat - 2 sets of 3 reps

#### **Good Morning**

Barbell or Yoke Bar Good Morning - 2 sets of 10 reps

#### **Deadlift Assistance**

Dumbbell Single Leg RDL - 2 sets of 4 reps each leg

**Cool down stretch and 10 minutes foam roll massage**

# LOWER BODY DEADLIFT

## WEEK 5

### Workout #1: Lower Body/Max Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 80% of max and push for 6–8 reps or more.
- AMRAP for final “+” (the “BIG set”).

#### Mobility and Core Stability Warm-Up

Lateral Banded Lunge Active Stretch - 3 sets of 10 reps each side

Dumbbell Farmers Carry - 3 sets of 20 steps

Banded Hamstring Active Stretch - 3 sets of 10 reps each leg

Cable Pallof Press - 3 sets of 8 reps each side

#### Power

Broad Jump - 3 sets of 5 jumps

#### Max Effort Deadlift Strength

Barbell Deadlift

Set 1: 5 reps at 50% max weight

Set 2: 5 reps at 60% max weight

Set 3: 5 reps at 70% max weight

Set 4: 5 reps at 75% max weight

Set 5: 5+ reps at 80% max weight

#### Lunge

Dumbbell Skater Squat - 3 sets of 5 reps each leg

#### Glute Bridge

Barbell Hip Thrust with Sling Shot or Mini Band (at knees) - 3 sets of 8 reps

**Leg Curl**

Glute Ham Raise - 3 sets of 15 reps

# LOWER BODY DEADLIFT

## WEEK 5

### Workout #2: Lower Body/Dynamic Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- AMRAP for final “+” (the “BIG set”).

#### **Mobility and Core Stability Warm-Up**

Lateral Banded Lunge Active Stretch - 3 sets of 10 reps each side

Dumbbell Farmers Carry - 3 sets of 20 steps

Banded Hamstring Active Stretch - 3 sets of 10 reps each leg

Cable Pallof Press - 3 sets of 8 reps each side

#### **Deficit or Block Deadlift**

Deficit/Block Deadlift - 4 sets of 4 reps

#### **Squat Variation**

Barbell Back Box Squat - 3 sets of 5 reps

#### **Good Morning**

Barbell or Yoke Bar Good Morning - 4 sets of 10 reps

#### **Deadlift Assistance**

Dumbbell Single Leg RDL - 3 sets of 6 reps each leg



# LOWER BODY DEADLIFT

## WEEK 6

### Workout #1: Lower Body/Max Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 85% of max and push for 4–6 reps or more.
- AMRAP for final “+” (the “BIG set”).
- Add weight to Skater Squat and Barbell Hip Thrust if possible.

#### Mobility and Core Stability Warm-Up

Lateral Banded Lunge Active Stretch - 3 sets of 10 reps each side

Dumbbell Farmers Carry - 3 sets of 20 steps

Banded Hamstring Active Stretch - 3 sets of 10 reps each leg

Cable Pallof Press - 3 sets of 8 reps each side

#### Power

Broad Jump - 3 sets of 5 jumps

#### Max Effort Deadlift Strength

Barbell Deadlift

Set 1: 5 reps at 55% max weight

Set 2: 5 reps at 65% max weight

Set 3: 3 reps at 75% max weight

Set 4: 3 reps at 80% max weight

Set 5: 3+ reps at 85% max weight

#### Lunge

Dumbbell Skater Squat - 3 sets of 5 reps each leg

## **Glute Bridge**

Barbell Hip Thrust with Sling Shot or Mini Band (at knees) - 3 sets of 8 reps

## **Leg Curl**

Glute Ham Raise - 3 sets of 15 reps

# LOWER BODY DEADLIFT

## WEEK 6

### Workout #2: Lower Body/Dynamic Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- AMRAP for final “+” (the “BIG set”).
- Add weight to the Barbell Back Box Squat if you got 6 reps of Barbell Deadlift in the previous workout.

#### **Mobility and Core Stability Warm-Up**

Lateral Banded Lunge Active Stretch - 3 sets of 10 reps each side

Dumbbell Farmers Carry - 3 sets of 20 steps

Banded Hamstring Active Stretch - 3 sets of 10 reps each leg

Cable Pallof Press - 3 sets of 8 reps each side

#### **Deficit or Block Deadlift**

Deficit/Block Deadlift - 4 sets of 4 reps

#### **Squat Variation**

Barbell Back Box Squat - 3 sets of 5 reps

#### **Good Morning**

Barbell or Yoke Bar Good Morning - 4 sets of 10 reps

#### **Deadlift Assistance**

Dumbbell Single Leg RDL - 3 sets of 6 reps each leg

# LOWER BODY DEADLIFT

## WEEK 7

### Workout #1: Lower Body/Max Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- Work up to about 90% of max and push for 2–4 reps or more.
- AMRAP for final “+” (the “BIG set”).
- New rep schemes instituted for Lunge and Hip Thrust.

#### Mobility and Core Stability Warm-Up

Lateral Banded Lunge Active Stretch - 3 sets of 10 reps each side

Dumbbell Farmers Carry - 3 sets of 20 steps

Banded Hamstring Active Stretch - 3 sets of 10 reps each leg

Cable Pallof Press - 3 sets of 8 reps each side

#### Power

Broad Jump - 3 sets of 5 jumps

#### Max Effort Deadlift Strength

Barbell Deadlift

Set 1: 5 reps at 60% max weight

Set 2: 5 reps at 70% max weight

Set 3: 5 reps at 80% max weight

Set 4: 3 reps at 85% max weight

Set 5: 1+ reps at 90% max weight

#### Lunge

Dumbbell Skater Squat - 4 sets of 5 reps each leg

## **Glute Bridge**

Barbell Hip Thrust with Sling Shot or Mini Band (at knees) - 3 sets of 12 reps

## **Leg Curl**

Glute Ham Raise - 3 sets of 15 reps

# LOWER BODY DEADLIFT

## WEEK 7

### Workout #2: Lower Body/Dynamic Effort Deadlift Day

#### WORKOUT NOTES

- Circuit the Mobility and Core Stability Warm-Up and limit to 10 minutes.
- AMRAP for final “+” (the “BIG set”).
- Add weight to the Barbell Back Box Squat if you got 4 reps of Barbell Deadlift in the previous workout.
- Additional volume added to assistance work.

#### **Mobility and Core Stability Warm-Up**

Lateral Banded Lunge Active Stretch - 3 sets of 10 reps each side

Dumbbell Farmers Carry - 3 sets of 20 steps

Banded Hamstring Active Stretch - 3 sets of 10 reps each leg

Cable Pallof Press - 3 sets of 8 reps each side

#### **Deficit or Block Deadlift**

Deficit/Block Deadlift - 4 sets of 4 reps

#### **Squat Variation**

Barbell Back Box Squat - 3 sets of 5 reps

#### **Good Morning**

Barbell or Yoke Bar Good Morning - 4 sets of 10 reps

#### **Deadlift Assistance**

Dumbbell Single Leg RDL - 3 sets of 10 reps each leg



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# **LOWER BODY ROTATION: DAILY WORKOUTS 3-WEEK PROGRAM**

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## **LOWER BODY ROTATIONS: DAILY WORKOUTS**

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This program makes use of daily undulating periodization (also known as non-linear periodization), and rotates through three key aspects of developing strength, power, and size:



1. **Max effort (Strength).** This involves heavy strength lifts (Squat, Dead-lift, and Lunge) in sets of 3–8 reps.
2. **Dynamic effort (Power).** These are your standard fast and powerful lifts (Snatch, Jerk, Clean, and Jumps), using moderately heavy weighs in sets of 3–5 reps.
3. **Repetition effort (Size).** These are high volume exercises, using sets of 10–15 reps.

This workout protocol is followed by a weekly program, to allow for both drop-in workouts to spice up your routine, as well as more fully fleshed-out programs for a more comprehensive set-up. This is a very structured program, and you will find yourself doing the same exercises (movements) each week, but with a different focus provided on a daily basis.

Lower Body Rotation (Daily)	
Monday	Max Effort: Squat
	Dynamic Effort: Lunge
	Repetition Effort: Deadlift
Wednesday	Dynamic Effort: Squat
	Repetition Effort: Lunge
	Max Effort: Deadlift
Friday	Repetition Effort: Squat
	Max Effort: Lunge
	Dynamic Effort: Deadlift

## PROGRAM NOTES

- You can easily shift to a two day a week program and extend the program to four weeks if three days a week is too much volume for your legs.
- Periodization programs help train your body parts more frequently, which means bigger muscles. It also helps eliminate the ruts we fall into, avoiding the “3 sets of 10 reps” pitfall.

# **LOWER BODY ROTATION: DAILY**

## **WEEK 1**

### **Workout #1**

#### **Dynamic Warm-Up: Activate**

Single Leg Calf Raise - 2 sets of 20 reps each leg

Mini Band or Sling Shot Lateral Walk - 2 sets of 20 reps

#### **Dynamic Warm-Up: Mobilize**

Band Overhead Squat Pattern - 2 sets of 12 reps

Kneeling Thoracic Rotations - 2 sets of 8 deep breaths each side

#### **Max Effort**

Barbell Front Squat - 5,5,5

#### **Dynamic Effort**

Body Weight Lunge Jumps - 5,5,5 each leg

#### **Repetition Effort**

Barbell RDL - 10,10,10,10

#### **Assistance Exercises**

Machine Leg Curl - 10,10,10

Single Leg Hip Thrust - 10,10,10 reps each leg

**Notes: Circuit the warm-up exercises. For Body Weight Lunge Jumps, lunge down, jump up and switch feet. Land, stabilize, and jump again.**

# **LOWER BODY ROTATION: DAILY**

## **WEEK 1**

### **Workout #2**

#### **Dynamic Warm-Up: Activate**

Single Leg Calf Raise - 2 sets of 20 reps each leg

Mini Band or Sling Shot Lateral Walk - 2 sets of 20 reps

#### **Dynamic Warm-Up: Mobilize**

Band Overhead Squat Pattern - 2 sets of 12 reps

Kneeling Thoracic Rotations - 2 sets of 8 deep breaths each side

#### **Dynamic Effort**

Barbell Back Pause Squat - 5,5,5

#### **Repetition Effort**

Dumbbell Bulgarian Squat - 10,10,10,10 reps each leg

#### **Max Effort**

Hex Bar Deadlift - 5,5,5

#### **Assistance Exercises**

Machine Leg Extension - 12,12,12

Dumbbell Cossack Squat - 8,8,8 reps each side

**Notes: Circuit the warm-up exercises.**

# LOWER BODY ROTATION: DAILY

## WEEK 1

### Workout #3

#### Dynamic Warm-Up: Activate

Single Leg Calf Raise - 2 sets of 20 reps each leg

Mini Band or Sling Shot Lateral Walk - 2 sets of 20 reps

#### Dynamic Warm-Up: Mobilize

Band Overhead Squat Pattern - 2 sets of 12 reps

Kneeling Thoracic Rotations - 2 sets of 8 deep breaths each side

#### Repetition Effort

Yoke Bar Squat - 10,10,10,10

#### Max Effort

Barbell Walking Lunges - 5,5,5 each leg

#### Dynamic Effort

Hex Bar Deadlift - 5,5,5

Target 50–60% of previous Hex Bar Deadlift.

#### Assistance Exercises

Slider Leg Curl - 12,12,12

Bench Single Leg Glute Bridge (foot on bench) - 10,10,10 reps each leg

**Notes: Circuit the warm-up exercises. Replace Yoke Bar Squat if needed.**

# LOWER BODY ROTATIONS: DAILY WEEK 2

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In this second week, we increase to sets of 3 for each max effort exercise. An additional fourth set is added for all dynamic effort exercises, while the repetition effort and assistance work remains the same. Finally, a new set of activation and mobility exercises are programmed.

# **LOWER BODY ROTATION: DAILY**

## **WEEK 2**

### **Workout #1**

#### **Dynamic Warm-Up: Activate**

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Bretzel Stretch - 2 sets of 5 deep breaths each side

Band Overhead Squat Pattern - 2 sets of 12 reps

#### **Max Effort**

Barbell Front Squat - 3,3,3,3

#### **Dynamic Effort**

Body Weight Lunge Jumps - 5,5,5,5 each leg

#### **Repetition Effort**

Barbell RDL - 10,10,10,10

#### **Assistance Exercises**

Machine Leg Curl - 10,10,10

Single Leg Hip Thrust - 10,10,10 reps each leg

**Notes: Circuit the warm-up exercises.**

# **LOWER BODY ROTATION: DAILY**

## **WEEK 2**

### **Workout #2**

#### **Dynamic Warm-Up: Activate**

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Bretzel Stretch - 2 sets of 5 deep breaths each side

Band Overhead Squat Pattern - 2 sets of 12 reps

#### **Dynamic Effort**

Barbell Back Pause Squat - 5,5,5,5

#### **Repetition Effort**

Dumbbell Bulgarian Squat - 10,10,10,10 reps each leg

#### **Max Effort**

Hex Bar Deadlift - 3,3,3,3

#### **Assistance Exercises**

Machine Leg Extension - 12,12,12

Dumbbell Cossack Squat - 8,8,8 reps each side

**Notes: Circuit the warm-up exercises.**

# LOWER BODY ROTATION: DAILY

## WEEK 2

### Workout #3

#### Dynamic Warm-Up: Activate

Dead Bugs - 2 sets of 10 reps each side

Single Leg Glute Bridge - 2 sets of 20 reps each leg

#### Dynamic Warm-Up: Mobilize

Bretzel Stretch - 2 sets of 5 deep breaths each side

Band Overhead Squat Pattern - 2 sets of 12 reps

#### Repetition Effort

Yoke Bar Squat - 10,10,10,10

#### Max Effort

Barbell Walking Lunges - 3,3,3,3 each leg

#### Dynamic Effort

Hex Bar Deadlift - 5,5,5,5

Target 50–60% of previous Hex Bar Deadlift.

#### Assistance Exercises

Slider Leg Curl - 12,12,12

Bench Single Leg Glute Bridge (foot on bench) - 10,10,10  
reps each leg

**Notes: Circuit the warm-up exercises. Replace Yoke Bar Squat if needed.**

# LOWER BODY ROTATIONS: DAILY WEEK 3

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In Week 3, we keep the same number of reps and sets for all dynamic effort exercises and assistance work. However, we add Reverse Pyramid Sets for the max effort exercises, and include PSD sets for the repetition work. Finally, a new set of activation and mobility exercises are programmed.

Reverse Pyramid Training (RPT) is a “top-down” approach to strength training. It is a style of training where you perform your heaviest set earlier in the workout when you’re fresher and then “pyramid” down to lighter weights. As such, this style of training absolutely requires a solid warm-up.

PSD sets utilize three old-school bodybuilding techniques: a pre-exhaust set, a traditional strength set, and a mechanical drop set, with no rest between exercises.

1. **Pre-Exhaust Set:** An isolation or simpler version of the following strength exercise to “prime the pump” and create muscle damage.
2. **Strength Set:** A basic, compound exercise (Squat, Deadlift, Lunge) programmed for maximum mechanical tension.
3. **Mechanical Drop Set:** Shifting to an “easier” body angle than either the pre-exhaust or strength exercise while extremely fatigued allows for variety and more metabolic stress.

# **LOWER BODY ROTATION: DAILY**

## **WEEK 3**

### **Workout #1**

#### **Dynamic Warm-Up: Activate**

Light Kettlebell or Power Block Dumbbell Ankle Circles - 2 sets of 8 circles in each direction per ankle

Lateral Banded Bulgarian Squat - 2 sets of 12 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Floor Medicine Ball Thoracic Rotations - 2 sets of 8 deep breaths each side  
Lateral Banded Lunge Stretch - 2 sets of 10 reps each side

#### **Max Effort**

RPT Barbell Front Squat

Set 1: 5 reps at 80% max weight

Set 2: 6–8 reps at 70% max weight

Set 3: 6–8 reps at 60% max weight

#### **Dynamic Effort**

Body Weight Lateral Lunge Jump - 5,5,5 each leg

#### **Repetition Effort**

PSD Posterior Chain - 2–3 sets

    Kettlebell Hip Thrust - 12 reps

    Barbell RDL - 6 reps

    Kettlebell Hip Thrust - 20+ reps

#### **Assistance Exercises**

Machine Leg Curl - 10,10,10

Single Leg Hip Thrust - 10,10,10 reps each leg

**Notes: Circuit the warm-up exercises. Build up slowly and carefully to 80% for the first set of the RPT Max Effort exercise. For Body Weight Lateral Lunge Jumps, lunge down, jump laterally (sideways) and switch feet. Land, stabilize, and jump again in the other direction.**

# **LOWER BODY ROTATION: DAILY**

## **WEEK 3**

### **Workout #2**

#### **Dynamic Warm-Up: Activate**

Light Kettlebell or Power Block Dumbbell Ankle Circles - 2 sets of 8 circles in each direction per ankle

Lateral Banded Bulgarian Squat - 2 sets of 12 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Floor Medicine Ball Thoracic Rotations - 2 sets of 8 deep breaths each side  
Lateral Banded Lunge Stretch - 2 sets of 10 reps each side

#### **Dynamic Effort**

Barbell Back Pause Squat - 5,5,5,5

#### **Repetition Effort**

PSD Quads - 2–3 sets

Dumbbell Goblet Squat - 12 reps

Dumbbell Bulgarian Squat - 6 reps each leg

Dumbbell Goblet Squat - 15+ reps

#### **Max Effort**

RPT Hex Bar Deadlift

Set 1: 5 reps at 80% max weight

Set 2: 6–8 reps at 70% max weight

Set 3: 6–8 reps at 60% max weight

#### **Assistance Exercises**

Machine Leg Extension - 12,12,12

Dumbbell Cossack Squat - 8,8,8 reps each side

**Notes: Circuit the warm-up exercises. Build up slowly and carefully to 80% for the first set of the RPT Max Effort exercise.**

# **LOWER BODY ROTATION: DAILY**

## **WEEK 3**

### **Workout #3**

#### **Dynamic Warm-Up: Activate**

Light Kettlebell or Power Block Dumbbell Ankle Circles - 2 sets of 8 circles in each direction per ankle

Lateral Banded Bulgarian Squat - 2 sets of 12 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Floor Medicine Ball Thoracic Rotations - 2 sets of 8 deep breaths each side  
Lateral Banded Lunge Stretch - 2 sets of 10 reps each side

#### **Repetition Effort**

PSD Squat - 2–3 sets

Machine Leg Extension - 15 reps

Yoke Bar Squat - 5 reps

Machine Leg Extension - 20+ reps

#### **Max Effort**

RPT Barbell Walking Lunges

Set 1: 5 reps at 100% max weight

Set 2: 6–8 reps at 85% max weight

Set 3: 6–8 reps at 70% max weight

#### **Dynamic Effort**

Hex Bar Deadlift - 5,5,5,5

Target 50–60% of previous Hex Bar Deadlift.

#### **Assistance Exercises**

Slider Leg Curl - 12,12,12

Bench Single Leg Glute Bridge (foot on bench) - 10,10,10 reps each leg

**Notes: Circuit the warm-up exercises. Build up slowly and carefully to 100% for the first set of the RPT Max Effort exercise. Replace Yoke Bar Squat if needed.**

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# **LOWER BODY ROTATION: WEEKLY WORKOUTS 3-WEEK PROGRAM**

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## **LOWER BODY ROTATION: WEEKLY WORKOUT**

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Moving from a daily program schedule to a weekly set-up, we now rotate the Max Effort, Dynamic Effort, and Repetition Effort exercises over a weekly basis. Instead of having one



exercise from each category each workout three days a week, now we have an entire day dedicated to a single category.

Lower Body Rotation (Weekly)	
Monday	Max Effort: Squat
	Max Effort: Lunge
	Max Effort: Deadlift
Wednesday	Dynamic Effort: Lunge
	Dynamic Effort: Deadlift
	Dynamic Effort: Squat
Friday	Repetition Effort: Deadlift
	Repetition Effort: Squat
	Repetition Effort: Lunge

# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 1**

### **Workout #1: Max Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Max Effort**

Barbell Front Box Squat - 8,8,8

Skater Squat - 8,8,8 each leg

Hex Bar RDL - 8,8,8

#### **Assistance Exercises**

Banded Spanish Squat - 15,15,15

Glute Ham Raise - 12,12,12

**Notes: Circuit the warm-up exercises. Use two light dumbbells held at eye height for the Skater Squat (for balance).**

# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 1**

### **Workout #2: Dynamic Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Dynamic Effort**

Barbell Walking Speed Lunges - 6,6,6 each leg

Dumbbell Single Arm Snatch - 3,3,3, each arm

Dumbbell Jump Squat and Stabilization - 5,5,5

#### **Assistance Exercises**

Cossack Squat - 10,10,10 reps each leg

Single Leg Glute Bridge - 15,15,15 reps each leg

**Notes: Circuit the warm-up exercises. Use two light dumbbells held at eye height for the Cossack Squat (for balance).**

# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 1**

### **Workout #3: Repetition Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell “T” Balance - 2 sets of 8 reps each leg

#### **Repetition Effort**

Hex Bar Deadlift - 10,10,10,10

Yoke Bar Squat - 10,10,10,10

Body Weight Walking Lunges - 25,25,25 each leg

#### **Assistance Exercises**

Slider Leg Curl - 10,10,10

Sling Shot Hip Thrust - 10,10,10

**Notes: Circuit the warm-up exercises.**

# **LOWER BODY**

## **ROTATION: WEEKLY**

### **WEEK 2**

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In Week 2, we move to sets of 5 reps on Max Effort days. On Dynamic Effort days, try to increase your rep speed with each set. Finally, on Repetition Effort days, we add Drop Sets for additional muscle engagement. This week uses the same assistance and Dynamic Warm-Up exercises.

# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 2**

### **Workout #1: Max Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Max Effort**

Barbell Front Box Squat - 5,5,5,5

Skater Squat - 5,5,5,5 each leg

Add a weight vest if possible.

Hex Bar RDL - 5,5,5,5

#### **Assistance Exercises**

Banded Spanish Squat - 15,15,15

Glute Ham Raise - 12,12,12

**Notes: Circuit the warm-up exercises. Use two light dumbbells held at eye height for the Skater Squat (for balance).**

# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 2**

### **Workout #2: Dynamic Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Dynamic Effort**

Barbell Walking Speed Lunges - 6,6,6 each leg

Dumbbell Single Arm Snatch - 3,3,3, each arm

Dumbbell Jump Squat and Stabilization - 5,5,5

#### **Assistance Exercises**

Cossack Squat - 10,10,10 reps each leg

Single Leg Glute Bridge - 15,15,15 reps each leg

**Notes: Circuit the warm-up exercises. Use two light dumbbells held at eye height for the Cossack Squat (for balance).**

# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 2**

### **Workout #3: Repetition Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell “T” Balance - 2 sets of 8 reps each leg

#### **Repetition Effort**

Hex Bar Deadlift - 10,10,10 + Drop Set

AMRAP on last set.

Yoke Bar Squat - 10,10,10 + Drop Set

AMRAP on last set.

Body Weight Walking Lunges - 25,25,25 each leg

#### **Assistance Exercises**

Slider Leg Curl - 10,10,10

Sling Shot Hip Thrust - 10,10,10

**Notes: Circuit the warm-up exercises.**

# **LOWER BODY**

# **ROTATION: WEEKLY**

## **WEEK 3**

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For Week 3, we program a pyramid set for the Max Effort day, during which we build up to a heavy set of 3 reps. Dynamic

Effort day features new exercises, while Repetition Effort day adds Mechanical Drop sets.



# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 3**

### **Workout #1: Max Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Max Effort**

Barbell Front Box Squat - 9,6,3

Skater Squat - 5,5,5,5 each leg

Add a weight vest if possible.

Hex Bar RDL - 9,6,3

#### **Assistance Exercises**

Banded Spanish Squat - 15,15,15

Glute Ham Raise - 12,12,12

**Notes: Circuit the warm-up exercises. Use two light dumbbells held at eye height for the Skater Squat (for balance).**

# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 3**

### **Workout #2: Dynamic Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Dynamic Effort**

Dumbbell Speed Bulgarian Squat - 6,6,6 each leg

Barbell Hang Clean - 3,3,3

Box Jump OR Broad Jump - 5,5,5

#### **Assistance Exercises**

Cossack Squat - 10,10,10 reps each leg

Single Leg Glute Bridge - 15,15,15 reps each leg

**Notes: Circuit the warm-up exercises. Use two light dumbbells held at eye height for the Cossack Squat (for balance).**

# **LOWER BODY ROTATION: WEEKLY**

## **WEEK 3**

### **Workout #3: Repetition Effort**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### **Repetition Effort**

Squat Mechanical Drop Set - 3 sets

Barbell Front Squat - 8 reps

Barbell Back Squat - 8 reps

Hex Bar Deadlift - 10,10,10

Single Leg Box Squat - 10,10,10 each leg

#### **Assistance Exercises**

Slider Leg Curl - 10,10,10

Sling Shot Hip Thrust - 10,10,10

**Notes: Circuit the warm-up exercises.**



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# **STRENGTH CIRCUIT TRAINING 3-WEEK PROGRAM**

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## **PROGRAM STRENGTH CIRCUIT TRAINING**

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Metabolic resistance training (MRT) sets are a new-school version of traditional circuit training with a greater emphasis placed on heavier weights. This program utilizes MRT sets to

emphasize core strength movements while keeping you fresh by setting it as the first step in your workout.

Each workout begins with a strength-focused movement (Squat, Deadlift, Hip Thrust, or Lunge), also called a max effort (ME) movement. For each ME exercise, you will work up to 8, 5, or 3 reps, whichever is programmed for that week. This rep scheme mimics a powerlifting program in that you work up to one heavy set each day for an ME exercise.

The main strength exercise of each day becomes the first exercise in your MRT circuit, which allows for more volume. The MRT circuit is programmed to alternate push and pull exercises to allow for a bit of active rest and maximum fat burn!

# STRENGTH CIRCUIT TRAINING

## WEEK 1

### Workout #1: Lower Body

#### Dynamic Warm-Up: Activate

Mini Band or Sling Shot Diagonal Walk - 2 sets of 20 reps

Machine Leg (VMO) Extension - 2 sets of 20 reps

#### Dynamic Warm-Up: Mobilize

Banded Hamstring Stretch - 2 sets of 12 reps each leg

Cossack Squat - 2 sets of 8 reps each side

#### Max Effort Exercise

Barbell Front Squat - Work up to a heavy set of 5 reps

#### MRT Circuit

1A. Barbell Front Squat - 3 sets of 12 reps

1B. Barbell Sumo RDL - 3 sets of 12 reps

1C. Dumbbell Bulgarian Squat - 3 sets of 12 reps each leg

1D. Body Weight Hip Thrust - 3 sets of 12 reps

**Notes: Circuit the warm-up/activation exercises. Use 60% of your final max effort set for your first MRT set.**

# STRENGTH CIRCUIT TRAINING

## WEEK 1

### Workout #2: Lower Body

#### Dynamic Warm-Up: Activate

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### Dynamic Warm-Up: Mobilize

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### Max Effort Exercise

Hex Bar Deadlift - Work up to a heavy set of 5 reps

#### MRT Circuit

1A. Hex Bar Deadlift - 3 sets of 12 reps

1B. Dumbbell Lateral Lunge - 3 sets of 12 reps each leg

1C. Kettlebell Swing - 3 sets of 12 reps

1D. Dumbbell Goblet Sumo Squat - 3 sets of 12 reps

**Notes: Circuit the warm-up/activation exercises. Use 60% of your final max effort set for your first MRT set.**



# **STRENGTH CIRCUIT TRAINING**

## **WEEK 2**

### **Workout #1: Lower Body**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Diagonal Walk - 2 sets of 20 reps

Machine Leg (VMO) Extension - 2 sets of 20 reps

#### **Dynamic Warm-Up: Mobilize**

Banded Hamstring Stretch - 2 sets of 12 reps each leg

Cossack Squat - 2 sets of 8 reps each side

#### **Max Effort Exercise**

Barbell Front Squat - Work up to a heavy set of 8 reps

#### **MRT Circuit**

1A. Barbell Front Squat - 4 sets of 10 reps

1B. Barbell Sumo RDL - 4 sets of 10 reps

1C. Dumbbell Bulgarian Squat - 4 sets of 10 reps each leg

1D. Body Weight Hip Thrust - 4 sets of 10 reps

**Notes: Circuit the warm-up/activation exercises. Use 70% of your final max effort set for your first MRT set.**

# STRENGTH CIRCUIT TRAINING

## WEEK 2

### Workout #2: Lower Body

#### Dynamic Warm-Up: Activate

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### Dynamic Warm-Up: Mobilize

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### Max Effort Exercise

Hex Bar Deadlift - Work up to a heavy set of 8 reps

#### MRT Circuit

1A. Hex Bar Deadlift - 4 sets of 10 reps

1B. Dumbbell Lateral Lunge - 4 sets of 10 reps each leg

1C. Kettlebell Swing - 4 sets of 10 reps

1D. Dumbbell Goblet Sumo Squat - 4 sets of 10 reps

**Notes: Circuit the warm-up/activation exercises. Use 70% of your final max effort set for your first MRT set.**

# **STRENGTH CIRCUIT TRAINING**

## **WEEK 3**

### **Workout #1: Lower Body**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Diagonal Walk - 2 sets of 20 reps

Machine Leg (VMO) Extension - 2 sets of 20 reps

#### **Dynamic Warm-Up: Mobilize**

Banded Hamstring Stretch - 2 sets of 12 reps each leg

Cossack Squat - 2 sets of 8 reps each side

#### **Max Effort Exercise**

Barbell Front Squat - Work up to a heavy set of 3 reps

#### **MRT Circuit**

1A. Barbell Front Squat - 3 sets of 15 reps

1B. Barbell Sumo RDL - 3 sets of 15 reps

1C. Dumbbell Bulgarian Squat - 3 sets of 15 reps each leg

1D. Body Weight Hip Thrust - 3 sets of 15 reps

**Notes: Circuit the warm-up/activation exercises. Use 50% of your final max effort set for your first MRT set.**

# STRENGTH CIRCUIT TRAINING

## WEEK 3

### Workout #2: Lower Body

#### Dynamic Warm-Up: Activate

Mini Band or Sling Shot Glute Bridge - 2 sets of 20 reps

Physioball Front Plank - 2 sets of 45 seconds

#### Dynamic Warm-Up: Mobilize

Lunge Yoga Rotations - 2 sets of 8 reps each side

Dumbbell "T" Balance - 2 sets of 8 reps each leg

#### Max Effort Exercise

Hex Bar Deadlift - Work up to a heavy set of 3 reps

#### MRT Circuit

1A. Hex Bar Deadlift - 3 sets of 15 reps

1B. Dumbbell Lateral Lunge - 3 sets of 15 reps each leg

1C. Kettlebell Swing - 3 sets of 15 reps

1D. Dumbbell Goblet Sumo Squat - 3 sets of 15 reps

**Notes: Circuit the warm-up/activation exercises. Use 50% of your final max effort set for your first MRT set.**

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# **PLUG AND PLAY WORKOUTS**

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# **PLUG AND PLAY WORKOUTS**

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You can insert these standalone workouts anywhere into your current program. They can help bust plateaus or provide relief from the monotony of grinding out the same old program.

These workouts take full advantage of some of my favorite fitness equipment for strengthening the lower body, increasing challenge and resistance, and providing physically rewarding variation in existing routines. Including work programmed for dumbbells, the suspension trainer (or gymnastic rings), and sled, each of these workouts can serve as a goal, a starting point for a new program, or just a nice change of pace.

# LOWER BODY DUMBBELL WORKOUTS

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There are several advantages to incorporating dumbbells into your daily workouts, separate and distinct from other weight-based or resistance training. Dumbbells afford a greater level of variety, which prevents physical and mental burnout, enhancing potential growth. They also allow for unilateral training (training one limb at a time), which increases core stability and can improve on any muscular imbalances created by the lifter.

You can substitute dumbbells into almost any exercise that calls for a barbell, or which uses body weight. Therefore, I wanted to create a set of workouts for this book using dumbbells where they are best suited to improving the lower body:

- Strength-building protocols that call for a quick change of weight
- Unilateral training

With that in mind, the protocol in this section makes of the following set types. If any of these terms are unfamiliar, see the section on Key Terms and Definitions, page [45](#).

- 747 sets
- Pre-Exhaust Sets
- PSD Sets
- Density Training
- Single Arm/Leg Training

For over 200 dumbbell workouts, please check out *The Dumbbell Workout Handbook: Weight Loss* and *Dumbbell Workout Handbook: Strength and Power*.

## **LOWER BODY DUMBBELL WORKOUTS**

### **Workout #1: Dumbbell 747 Squats**

Dumbbell Goblet Squat - 3 sets

Set 1: 7 reps using a moderate weight

Set 2: 4 reps with more weight

Set 3: Finish the set by doing another 7 reps using a lighter weight

## **LOWER BODY DUMBBELL WORKOUTS**

### **Workout #2: Dumbbell 747 Deadlifts**

Dumbbell or Kettlebell Sumo Deadlift - 3 sets

Set 1: 7 reps using a moderate weight

Set 2: 4 reps with more weight

Set 3: Finish the set by doing another 7 reps using a lighter weight

## **LOWER BODY DUMBBELL WORKOUTS**

### **Workout #3: Dumbbell 747 Lunges**

Dumbbell Bulgarian Squat - 3 sets

Set 1: 7 reps each leg using a moderate weight

Set 2: 4 reps each leg with more weight

Set 3: Finish the set by doing another 7 reps using a lighter weight



## **LOWER BODY DUMBBELL WORKOUTS**

### **Workout #4: Dumbbell Pre-Exhaust Glutes**

#### **Pre-Exhaust**

Dumbbell Hip Thrust - 4 sets of 10 reps

#### **Strength Set**

Dumbbell or Kettlebell Sumo Deadlift - 4 sets of 10 reps

## **LOWER BODY DUMBBELL WORKOUTS**

### **Workout #5: Dumbbell Pre-Exhaust Quads**

#### **Pre-Exhaust**

Dumbbell Bulgarian Squat - 4 sets of 10 reps

#### **Strength Set**

Dumbbell Goblet Squat - 4 sets of 10 reps

## **LOWER BODY DUMBBELL WORKOUTS**

### **Workout #6: Dumbbell PSD Glutes**

#### **Pre-Exhaust**

Dumbbell Bulgarian Squat - 3 sets of 10 reps

#### **Strength Set**

Dumbbell Goblet Squat - 3 sets of 6 reps

#### **Drop Set**

Dumbbell Hip Thrust (using less weight than Pre-Exhaust set)  
- 3 sets of 20 reps

## **LOWER BODY DUMBBELL WORKOUTS**

## **Workout #7: Dumbbell PSD Quads**

### **Pre-Exhaust**

Dumbbell Reverse Lunge - 3 sets of 10 reps

### **Strength Set**

Dumbbell Goblet Squat - 3 sets of 8 reps

### **Drop Set**

Dumbbell Reverse Lunge (using less weight than Pre-Exhaust set) - 3 sets of 20 reps

# **LOWER BODY DUMBBELL WORKOUTS: DENSITY TRAINING**

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The following is a list of the guidelines used to put together the Density Training routines in this section, to let you easily build your own Density Training workouts.

## **PROGRAM NOTES**

- Aim for 20-minute Density Training workouts. If you're new to this type of training, start with 10 minutes and add 3–5 minutes each week.
- Warm up thoroughly. These are intense sets and must be properly prepared for.
- Use Tier 1 and Tier 2 exercises for efficiency and a more effective workout.
- Vary the rep range based on your goals:
  - ◆ Hypertrophy (8–15 reps)
  - ◆ Strength (3–6 reps)
  - ◆ Power (3–6 fast reps)
  - ◆ Endurance (body weight only for 20+ rep each)
  - ◆ Superset everything, alternating Squats, Deadlifts, Lunges, and Glute Bridges for maximum fat burn

## **LOWER BODY DUMBBELL WORKOUTS**

### **Density Training Workout #1: Hypertrophy**

**Dynamic Warm-Up: Activate**

Linear Banded (VMO) Low Bow Step-Up - 2 sets of 10 reps each leg

Mini Band or Sling Shot Lateral Walk - 2 sets of 20 reps

### **Dynamic Warm-Up: Mobilize**

Band Overhead Squat Pattern - 2 sets of 12 reps

Kneeling Thoracic Rotations - 2 sets of 8 deep breaths each side

### **20-Minute Density Workout**

Dumbbell Goblet Squat - 3–4 sets of 10 reps

Dumbbell RDL - 3–4 sets of 10 reps

Dumbbell Walking Lunge - 3–4 sets of 10 reps each leg

Dumbbell Glute Bridge - 3–4 sets of 15 reps

## **LOWER BODY DUMBBELL WORKOUTS**

### **Density Training Workout #2: Strength**

#### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Squat - 2 sets of 20 reps

Lateral Banded RDL - 2 sets of 8 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

PVC or Barbell Overhead Squat - 2 sets of 12 reps

### **20-Minute Density Workout**

Dumbbell Reverse Lunge - 3–4 sets of 5 reps each leg

Dumbbell or Kettlebell Sumo Deadlift - 3–4 sets of 6 reps

Dumbbell Skater Squat - 3–4 sets of 5 reps each leg

Slider Leg Curl - 3–4 sets of 10 reps

# **LOWER BODY DUMBBELL WORKOUTS**

## **Density Training Workout #3: Power**

### **Dynamic Warm-Up: Activate**

Linear Banded Kneeling Hip Extension - 2 sets of 15 reps

Lateral Banded Bulgarian Squat - 2 sets of 12 reps each leg

### **Dynamic Warm-Up: Mobilize**

Floor Medicine Ball Thoracic Rotations - 2 sets of 8 deep breaths each side

Lateral Banded Lunge Stretch - 2 sets of 10 reps each side

### **20-Minute Density Workout**

Dumbbell Jump Squat - 3–4 sets of 5 reps, fast

Dumbbell or Kettlebell Single Arm Snatch - 3–4 sets of 3 reps each arm, fast

Dumbbell Split Squat Jump - 3–4 sets of 3 reps each side, fast

Dumbbell Single Leg Hip Thrust - 3–4 sets of 8 reps each side, fast

# **LOWER BODY DUMBBELL WORKOUTS**

## **Density Training Workout #4: Endurance**

### **Dynamic Warm-Up: Activate**

Mini Band or Sling Shot Diagonal Walk - 2 sets of 20 reps

Machine Leg (VMO) Extension - 2 sets of 20 reps

### **Dynamic Warm-Up: Mobilize**

Banded Hamstring Stretch - 2 sets of 12 reps each leg

Cossack Squat - 2 sets of 8 reps each side

### **20-Minute Density Workout**

Dumbbell Cossack Squat - 3–4 sets of 10 reps each side

Dumbbell or Kettlebell Sumo Deadlift - 3–4 sets of 20 reps

Body Weight Walking Lunges - 3–4 sets of 20 reps each leg

Backward Sled Pull - 3–4 sets of 20 yards

# **LOWER BODY DUMBBELL WORKOUTS: UNILATERAL TRAINING**

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Every person, regardless of age, strength level, ability, and/or sport should include some sort of unilateral training in their routines. Unilateral training helps develop core stability, keeps joint healthy, and improves stabilizing muscles.

## **LOWER BODY DUMBBELL WORKOUTS: UNILATERAL TRAINING**

### **Workout #1**

#### **Dynamic Warm-Up: Activate**

Physioball Crunch - 2 sets of 12 reps

Single Leg Hip Thrust - 2 sets of 20 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

Floor Medicine Ball Thoracic Rotations - 2 sets of 8 deep breaths each side

Barbell Front Squat - 3 sets of 5 reps

Dumbbell Single Arm Single Leg Deadlift - 4 sets of 6 reps each leg

Dumbbell Goblet 45-degree Reverse Lunge - 3 sets of 12 reps each leg

Dumbbell Single Leg Hip Thrust - 3 sets of 12 reps each leg

# **LOWER BODY DUMBBELL WORKOUTS: UNILATERAL TRAINING**

## **Workout #2**

### **Dynamic Warm-Up: Activate**

Superman - 2 sets of 20 reps

Standing Cable (attached to knee or ankle) Hip Adduction - 2 sets of 12 reps each leg

### **Dynamic Warm-Up: Mobilize**

Banded Hamstring Stretch - 2 sets of 12 reps each leg

Bretzel Stretch - 2 sets of 5 deep breaths each side

Barbell Sumo Deadlift - 3 sets of 5 reps

Dumbbell Counterbalance Single Leg Box Squat - 4 sets of 8 reps each leg

Dumbbell Carry Single Leg RDL to Walking Lunge - 3 sets of 6 reps each exercise, alternating

Suspension Trainer Leg Curl - 4 sets of 15 reps

# **LOWER BODY DUMBBELL WORKOUTS: UNILATERAL TRAINING**

## **Workout #3**

### **Dynamic Warm-Up: Activate**

45-degree Bench Back Extension - 2 sets of 20 reps

Side Plank with an Inside Leg Raise - 2 sets of 10 reps each side

### **Dynamic Warm-Up: Mobilize**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side



Barbell Hip Thrust - 3 sets of 8 reps

Dumbbell Single Arm Clean and Jerk - 3 sets of 5 reps

Dumbbell Front Rack Step-Up to Reverse Lunge - 3 sets of 6  
reps each exercise, alternating

Slider Leg Curl - 2 sets of 20 reps

# LOWER BODY SUSPENSION TRAINER WORKOUTS

---

The workouts in this section focus on working the major muscles of the lower body—quads, hamstrings, and glutes—through use of the suspension trainer. The suspension trainer can be the perfect tool for warm-ups, assistance exercises, and recovery week programs.

## PROGRAM NOTES

- Suspension trainer warm-up programs include one Lunge and one Glute Bridge or Leg Curl movement at lower volume to prepare the body for Squat and Deadlift days.
- Suspension trainer assistance programs are multi-exercises programs that provide balance and variety to a Squat or Deadlift day.
- Suspension trainer recovery week programs are designed to allow the body to recovery from heavy Barbell Squat and Deadlift training.

## LOWER BODY SUSPENSION TRAINER WORKOUTS

### Workout #1: Warm-Up 1

#### Dynamic Warm-Up: Activate

Suspension Trainer Reverse Lunge - 2 sets of 12 reps each leg

Suspension Trainer Leg Curl - 2 sets of 20 reps

#### Dynamic Warm-Up: Mobilize

Banded Hamstring Stretch - 2 sets of 12 reps each leg

Bretzel Stretch - 2 sets of 5 deep breaths each side

## **LOWER BODY SUSPENSION TRAINER WORKOUTS**

### **Workout #2: Warm-Up 2**

#### **Dynamic Warm-Up: Activate**

Suspension Trainer Glute Bridge - 2 sets of 15 reps

Suspension Trainer Pistol Squat - 2 sets of 10 reps each leg

#### **Dynamic Warm-Up: Mobilize**

Couch Stretch - 2 sets of 10 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

## **LOWER BODY SUSPENSION TRAINER WORKOUTS**

### **Workout #3: Warm-Up 3**

#### **Dynamic Warm-Up: Activate**

Suspension Trainer Cossack Squat - 2 sets of 10 each side

Suspension Trainer Fallouts - 2 sets of 10 reps

#### **Dynamic Warm-Up: Mobilize**

Medicine Ball Thoracic Extension - 2 sets of 8 deep breaths  
each side

Wall Half Kneeling 3-Way Ankle Mobility - 2 sets of 5 reps  
each direction each ankle

## **LOWER BODY SUSPENSION TRAINER WORKOUTS**

### **Workout #4: Warm-Up 4**

#### **Dynamic Warm-Up: Activate**

Suspension Trainer Step Behind Lunge - 2 sets of 12 reps each  
side

Suspension Trainer Leg Curl - 2 sets of 20 reps

**Dynamic Warm-Up: Mobilize**

Toes Up PVC or Barbell RDL - 2 sets of 12 reps

Band Overhead Squat Pattern - 2 sets of 12 reps

**LOWER BODY SUSPENSION  
TRAINER WORKOUTS**

**Workout #5: Assistance Program 1**

Reverse Lunge - 4 sets of 20 reps per leg Glute Bridge - 4 sets of 20 reps

Lateral Squat - 4 sets of 20 reps per side Leg Curls - 4 sets of 20 reps

**LOWER BODY SUSPENSION  
TRAINER WORKOUTS**

**Workout #6: Assistance Program 2**

Skater Squat - 4 sets of 20 reps per leg

Single Leg Glute Bridge - 4 sets of 10 reps each leg

Cossack Squat - 4 sets of 10 reps per side

Single Leg Curls - 4 sets of 10 reps each leg

**LOWER BODY SUSPENSION  
TRAINER WORKOUTS**

**Workout #7: Recovery 1**

Glute Bridge - 3 sets of 10 reps

Lateral Squat - 2 sets of 10 reps per side

Single Leg Curls - 3 sets of 8 reps each leg

**Mobility**

Floor Medicine Ball Thoracic Rotations - 2 sets of 8 deep breaths each side

Lateral Banded Lunge Stretch - 2 sets of 10 reps each side

## **LOWER BODY SUSPENSION TRAINER WORKOUTS**

### **Workout #8: Recovery 2**

Leg Curls - 3 sets of 15 reps

Skater Squat - 2 sets of 10 reps per leg

Single Leg Glute Bridge - 3 sets of 8 reps each leg

#### **Mobility**

Lunge Yoga Rotations - 2 sets of 8 reps each side

Incline Bench Pigeon Stretch - 2 sets of 30 seconds each side

## **LOWER BODY SUSPENSION TRAINER WORKOUTS**

### **Workout #9: Recovery 3**

Cossack Squat - 2 sets of 10 reps per side

Reverse Lunge - 2 sets of 12 reps per leg  
Glute Bridge - 2 sets of 20 reps

#### **Mobility**

Linear Banded Lunge Stretch - 2 sets of 10 reps each side

PVC or Barbell Overhead Squat - 2 sets of 12 reps

# LOWER BODY GLUTES WORKOUTS

---

When looking to strengthen the lower body, we want to try to work the glutes from all angles. Glutes have a high activation during the traditional Squat, Deadlift, and Lunge movements; however, to have a well-rounded glute program you must also include movements that highlight:

• Hip extension (Glute Bridge)

• Hip abduction (mini band or sling shot at the ankles during a Lateral Walk)

• Hip external rotation (mini band or sling shot at the knees during a Squat)

• High volume/tension movements (Glute Pump)

The options are endless. In this section we've given you five time-tested, brutal glute workouts, but we encourage everyone to experiment with the exercises that work best for you and create your own circuit!

## PROGRAM NOTES

- The basic template for this section is:
  - ◆ Hip extension exercise
  - ◆ Hip abduction/external rotation exercise
  - ◆ Deadlift, Squat, Lunge, or Hip Thrust
- Shoot for constant tension during each movement, hip reps (15–25 reps), and multiple sets for each glute circuit.

## LOWER BODY GLUTES WORKOUTS

### Workout #1

Barbell Hip Thrust - 3–4 sets of 12 reps

Place a Sling Shot or Mini Band below your knees. Drive the barbell up (Hip Thrust), while pushing against the bands with both knees (for Hip External Rotation).

## **LOWER BODY GLUTES WORKOUTS**

### **Workout #2**

Barbell Hip Thrust - 2–3 sets of 12 reps

45-degree Back Extension with Glute Squeeze (at the top) - 2–3 sets of 20 reps

Double Mini Band Squat Hip Rotations - 2–3 sets of 20 reps

Hold a half-depth Squat and push against the bands for prescribed reps.

## **LOWER BODY GLUTES WORKOUTS**

### **Workout #3**

Banded Hip Thrust - 2–3 sets of 20 reps

Body Weight Bulgarian Squat - 2–3 sets of 15 reps each leg

Double Mini Band Lateral Walks - 2–3 sets of 15 steps in each direction

## **LOWER BODY GLUTES WORKOUTS**

### **Workout #4**

Single Mini Band Lateral Walk - 2–3 sets of 15 steps in each direction

Keep band looped around your feet at the arch.

Banded Kneeling Hip Extension - 2–3 sets of 20 reps

Front Foot Elevated Split Squat - 2–3 sets of 15 reps each leg

## **LOWER BODY GLUTES WORKOUTS**

### **Workout #5**

Single Leg Double Mini Band Hip Thrust - 2–3 sets of 15 reps  
each side

Keep one band above the knees, one band below the  
knees.

Banded Dumbbell RDL - 2–3 sets of 12 reps

Keep band looped around your waist (similar to a seat  
belt) and anchored behind you to a Power Rack.

Double Mini Band Diagonal Walks - 2–3 sets of 20 steps  
forward,

20 steps backward

Step at 45-degree angles.



# LOWER BODY SLED WORKOUTS

---

It should come as no surprise that I *love* the sled! Sleds can benefit every person's program, and can be used in a multitude of ways, providing specific conditioning and acceleration training that you can do virtually anywhere. Sledding improves strength and conditioning without damaging your strength and muscle gains due to a lack of eccentric stress (the negative or lowering of weight aspect of a movement). It's also great for rehab because it is low impact and joint friendly.

The workouts presented here are in addition to the sled workouts featured in the Lower Body Powerhouse program.

## LOWER BODY SLED WORKOUTS

### Workout #1

#### Push/Pull Medley

1 set = Push (forward) the Sled 20 - 40 yards and then Pull (backward) the Sled back to the original line

**Notes: Choose a weight and distance appropriate for your abilities and goals. Go for 6–8 reps after your workout.**

## LOWER BODY SLED WORKOUTS

### Workout #2

#### Sled 20-Yard Ladder

Set 1: 90 lbs. (2 plates)

Set 2: 135 lbs. (3 plates)

Set 3: 180 lbs. (4 plates)

Set 4: 225 lbs. (5 plates)

Set 5: 270 lbs. (6 plates)

Set 6: 225 lbs. (5 plates)

Set 7: 180 lbs. (4 plates)

Set 8: 135 lbs. (3 plates)

Set 9: 90 lbs. (2 plates)

**Notes: Choose a weight and distance appropriate for your abilities and goals. Essentially, work up to the heaviest sled you can push for 20 yards, and work your way back to 90 lbs.**

## **LOWER BODY SLED WORKOUTS**

### **Workout #3**

#### **10-Minute Sleds**

Push 2, 3, or 4 plates (based on your strength) for 10–20-yard reps - AMRAP in 10 minutes

**Notes: Get as much work done as possible in 10 minutes. Record how many 20-yard sled pushes you can do with two, three, or four plates.**

## **LOWER BODY SLED WORKOUTS**

### **Workout #4**

#### **Conditioning Sled**

Hook yourself up to your sled (an old backpack works well) and walk for 20 minutes.

## **LOWER BODY SLED WORKOUTS**

### **Workout #5**

#### **Upper Body Sleds**

Backward Sled Walk to Row - 4–6 sets of 8 reps

Backward Sled Walk to Bicep Curl - 4–6 sets of 8 reps

Use 25% weight used for Row.

# BODY WEIGHT BLITZ

---

This set of workouts is probably quite different from other circuits you have done before. Seeing as this book is focused on building up your lower body, this program does not include any core or upper body exercises, normally implemented to extend a circuit or provide rest to the legs.

All these Blitzes are based on the foundational movements in the Progression/Advancement chart found on page [16](#). They also follow a systematic approach to increased difficulty, combining Super Sets, Circuits and Compound Sets.

## BODY WEIGHT BLITZ

### Workout #1: Super Set

- 1A. Walking Lunges - 2–3 sets of 20 reps each leg
- 1B. Single Leg Alternating Glute Bridge - 2–3 sets of 20 reps each leg
- 2A. Reverse Lunge - 2–3 sets of 20 reps each leg Single Leg
- 2B. Alternating Deadlift - 2–3 sets of 20 reps each leg  
Touch your shin with the opposite hand each rep.

## BODY WEIGHT BLITZ

### Workout #2: Circuit

- 1A. Bulgarian Squat - 2–3 sets of 20 reps each leg
- 1B. Single Leg Alternating Deadlift - 2–3 sets of 20 reps each leg
- 1C. Slider Leg Curl - 2–3 sets of 20 reps
- 1D. Squat - 2–3 sets of 20 reps
- 1E. Single Leg Hip Thrust - 2–3 sets of 20 reps each leg

# **BODY WEIGHT BLITZ**

## **Workout #3: Compound Set**

- 1A. Walking Lunges - 2–3 sets of 20 reps each leg
- 1B. Reverse Lunge - 2–3 sets of 20 reps each leg
- 2A. Single Leg Hip Thrust - 2–3 sets of 20 reps each leg
- 2B. Single Leg Bench Alternating Glute Bridge - 2–3 sets of 20 reps each leg

Keep your foot elevated on the bench.

# FINISHERS AND CHALLENGES

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This section features a pair of workout protocols intended to push your limits and really let you feel it. Whether you take these on as standalone challenges or structure your workout around making these your big finish, these protocols work great to keep you feeling engaged.

## JUST CALVES

### WORKOUT NOTES

One factor you must remember when training the calves: you do hundreds of low intensity calf raises every day by simply walking around. Therefore, the calves need maximum tension and intensity to be present to create a growth environment. Training calves once a week with 3 sets of 10 reps at the end of a leg session simply will not cut it.

This workout includes a morning and an evening workout. Do this workout three days a week.

#### **Morning Workout**

Smith Machine or Machine Standing Calf Raise (Knees Locked Out) - 25 reps

Machine Seated Calf Raise or Body Weight - 25 reps

Smith Machine or Machine Standing Calf Raise (Knees Locked Out) - 25 reps

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**Notes: Do this first in your workout. Circuit all exercises, and hold each rep at the top for a full 2 seconds.**

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#### **Evening Workout**

Body Weight Calf Raises - 100 reps

**Notes: Do this before you go to bed. Hold each rep at the top for a full 2 seconds. Use a staircase or elevated surface for all reps, if possible.**

## **¼ -MILE LUNGE CHALLENGE**

### **WORKOUT NOTES**

The goal of this program is to work up to ¼-mile (440 yards or 400 meters) of Lunges in under 15 minutes. The Lunge can give a killer pump to the quads, hams, and glutes, provides mobility to the ankles and hips, stability to the knees, and provides pain relief to the lower back.

### **¼ Mile Lunge Challenge: Build-Up**

Follow this weekly program of progressive overload. Only proceed to the next week once you have accomplished the recommended milestone.

Week 1: 50 Lunges

Week 2: 75 Lunges in 3 minutes

Week 3: 100 Lunges

Week 4: 125 Lunges

Week 5: 150 Lunges in 6 minutes 30 seconds Week 6: 200 Lunges

Week 7: 250 Lunges in 10 minutes

Week 8: 300 Lunges

Week 9: 350 Lunges

Week 10: 150 Lunges

**Week 11: Go for the full ¼-Mile Lunge Challenge**

**Note: It is very important to add in 50–75 reps of Leg Curls each week to balance out all the Lunges. You can do Physioball Leg Curls, Slider Leg Curls, or Glute Ham Raises. To avoid knee pain, do Reverse**

**Lunges. Spend a few weeks doing 5 sets of 10–20 reps each leg before you attempt this challenge.**

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## APPENDIX A:

# DIY FITNESS: PROTOCOL TEMPLATES

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The following are basic guidelines for workout protocols used in this book, intended for those who have a group of exercises they enjoy and which keep them pain free, but find themselves stuck in a rut of doing the same darn thing for months or years.

This section is also perfect for those stuck at a commercial gym. Learn how to spice up the most popular machines and renovate your workout!

### DROP SETS

**To perform a Drop Set:** Take a set to failure with a weight, then immediately do another set to failure with a lighter weight. Rack those weights. Grab a lighter weight (or pull the pin and select a lighter weight on the machine). Take the new weight to failure. Repeat the process for 3–5 additional sets.

As a basic rule-of-thumb, look to reduce the weight around 10–20% with each drop for upper body exercises and 25–50% for lower body exercises. Machines with a weight stack are best because you can pull the pin to select a weight with minimal rest between drop sets.

### MECHANICAL DROP SETS

**To perform a Mechanical Drop Set:** These sets are a version of Drop Sets, but instead of simply dropping the weight to continue the set, you “drop” to an exercise with more mechanical advantage.

**The following is an example of a Mechanical Drop Squat Set:** Work up to a heavy set of 5 reps on the Barbell Front

Squat. Rack the bar. Take two deep breaths. Switch to Barbell Back Squat and do 5 more reps. Repeat for 3–4 sets.

## LADDERS

**To perform a Ladder Set:** Progressively add weight each set with short rest periods until you reach your max weight for 8 reps. Then, go back down in weight each set until you reach the original weight. These sets are very metabolic in nature for both isometric (Machine Leg Curl and Extension) and compound (Hack Squat and Leg Press) exercises.

**The following is an example of a Machine Leg Curl Ladder:**

**Note:** Weights listed are for demonstration purposes only.

**Set 1:** 8 reps at 40 lbs.

Rest 10–20 seconds

**Set 2:** 8 reps at 50 lbs.

Rest 10–20 seconds

**Set 3:** 8 reps at 60 lbs.

Rest 10–20 seconds

**Set 4:** 8 reps at 70 lbs.

Rest 20–30 seconds

**Set 5:** 6–8 reps at 60 lbs.

Rest 20–30 seconds

**Set 6:** 6–8 reps at 50 lbs.

Rest 20–30 seconds

**Set 7:** 6–8 reps at 40 lbs.

## CLUSTER SETS

**To perform a Cluster Set:** Take a weight you have previously plateaued at and break that set into three mini sets. Cluster sets are an amazing tool for shocking your body into new gains and out of the monotony of your straight sets. Make sure to rack the barbell after each set.

**The following is an example of a Barbell Back Squat 3-Rep Cluster Set:**

**Mobility and Core Stability Warm-Up**

Walking Lunge with Rotation - 3 sets of 12 reps each leg

Physioball Front Plank Circles - 3 sets of 30–45 seconds

Medicine Ball Thoracic Extension - 3 sets of 6 deep breaths

Alternate Leg Raise - 3 sets of 10 reps each leg

**Barbell Back Squat Warm-Up Sets**

Set 1: 5 reps at 95 lbs.

Set 2: 5 reps at 135 lbs.

Set 3: 3 reps at 185 lbs.

Set 4: 3 reps at 225 lbs.

Set 5: 2 reps at 255 lbs.

**Barbell Back Squat Cluster Set**

Cluster Set 1: 3 reps at 275 lbs.

Rack the bar and rest 10–15 seconds (or take 3–5 deep breaths)

Cluster Set 2: 3 reps at 275 lbs.

Repeat the above 2–3 times

**PRE-EXHAUST SETS**

**To perform a Pre-Exhaust Set:** Simply put, perform an isolation exercise first in your workout. This fires up underactive or plateaued muscles by breaking the rules. Machine-based isometric exercises are my favorite choice for the easy set-up and proximity to the compound exercise machines in a standard gym. Pre-Exhaust Sets can also be performed with free weights.

**The following are examples of Pre-Exhaust Sets in a standard workout:**

**Pre-Exhaust Set (Machine)**

Super Set the following exercises:

Pre-Exhaust Set 1: Machine Leg Extension - 3–4 sets of 12–15  
reps

Strength Set 1: Machine Leg Press or Hack Squat - 3–4 sets of  
6–8 reps

**Pre-Exhaust Set (Free Weight)**

Super Set the following exercises:

Pre-Exhaust Set 1: Backward Sled Pull - 3–4 sets of 20 yards

Strength Set 1: Barbell Front Squat - 3–4 sets of 4–6 reps

## **APPENDIX B:**

# **UNCOMMON EXERCISE DATABASE**

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**O**f course, we all know Squat, Deadlift, Lunge, Bench, Shoulder Press, Row, Pull-up, etc., but we, as an industry, seem to lack consistency in the mobility and warm up section. Therefore, I promised myself for this book I would not leave any dedicated athlete and/or coach out to dry going to YouTube trying to decipher what my uncommon exercises are. Here is a detailed list with quick descriptions of the exercises I believe to be uncommon. You can also check out our YouTube channel at [GetFit-Now.com](http://GetFit-Now.com) to see quick 10–15 seconds clips of each.

## **ANKLES**

### **Wall Half-Kneeling 3-Way Ankle Mobility**

Get into a lunge position facing the wall or power rack with your back knee resting on the floor. Position your front foot a “thumbs-up” distance from the wall or power rack. Drive your front knee towards the wall left (over the big toe), center, and right (over the pinkie toe) while keeping your heel flat.

### **Toes Up PVC/Barbell RDL**

Elevate your toes (as though onto a lifting platform) and push your hips back. As you do so, lower the PVC or barbell like you would during an RDL. Rotate your toes in, out, and neutral every 2 reps.

## **HIPS**

## **Lunge Yoga Rotations**

Get into a lunge position. Place the opposite hand from your front knee on the floor. Place the same fist as the front knee on your temple. Hold a lunge position while you rotate your elbow up to the ceiling and down to the floor.

## **Linear Banded Lunge Active Stretch**

Securely anchor a band to a power rack. Step into the other end and loop it around your hips, right at the bottom of your glutes. Facing towards the anchor, get into a split squat position. Activate your glutes on the band side and slowly push your hips forward for an even greater stretch.

## **Lateral Banded Lunge Active Stretch**

Securely anchor a band to a power rack. Step into the other end and loop it around your hips, right at around your mid-thigh. Facing perpendicular from the anchor, get into a split squat position. Place the opposite hand (from the front foot) on the floor next to your front foot and reach with the other arm to the ceiling, rotating through the mid-spine.

## **Couch Stretch**

Start on all fours in front of a wall. Bend a knee and place it at the base of the wall with your shin flat against the wall. Pull your other knee up into a split squat position. Kneel tall and activate your glutes on the same side as the shin on the wall.

## **Walking Lunge with Rotation**

From standing, step forward with your right foot and decelerate your body into a stationary lunge position with your right knee off the ground and your left knee up. Exhale, rotating your torso towards your front leg. Without pausing, drive your right heel into the floor to push yourself up and take a step forward with your left foot. Decelerate your body with your left foot as you move into another stationary lunge position.

## **Cossack Squat**



Start with feet stretched wide, like during a groin stretch. Squat to one side with your arms held in front for balance while you rotate your opposite foot onto the heel and point the toes up. A TRX or rings are optional here and may help with balance.

### **Pigeon Stretch**

This stretch is best done on an incline bench at 45 degrees. Place your right foot on the bench at the crease of the seat. Lay your right lower leg on the incline portion of the bench while bending the right leg and reach your left leg back into a traditional pigeon pose. Manipulate the upper body to best feel the stretch in your outer hips.

## **THORACIC SPINE**

### **Floor Medicine Ball Thoracic Rotations**

While lying on your side, flex the top hip/knee to 90 degrees and pin that knee to the floor with a medicine ball or foam roller and your opposite hand. Grab the armpit area with the same hand as the knee that is flexed. Rotate away from the top knee by pulling your elbow away and towards the floor.

### **Kneeling Thoracic Rotations**

Rest your glutes on your heels while kneeling. Place your fist on your temple and rotate while resting your opposite hand on the floor for balance.

### **Medicine Ball Thoracic Extension**

Sitting on the floor, knees bent, feet flat on the ground, place a medicine ball behind you on your mid spine (thoracic spine). Place your hands behind your back and arch your chest backwards.

### **Bretzel Stretch**

Lie on your right side with your left knee up on a foam roll. Keep your hips stacked and head supported by a foam pad. Take your right hand and grab the left knee on the foam roll. Bend your right knee and grab the ankle of your right leg with

your left hand and pull the ankle to your glutes. Initiate the stretch by exhaling and rotating your shoulders away from the left leg.

## **HAMSTRINGS**

### **Dumbbell “T” Balance**

Combines the Single Leg RDL with a Superman Raise. Perform a Single Leg RDL while raising your arms overhead at the same time.

### **Banded Hamstring Active Stretch**

Lay down on a bench with one foot on the ground, with that knee at 90 degrees. Wrap a band around the other foot and pull that knee to 90 degrees. Isometrically activate the hamstrings of the leg on the ground by clawing the foot towards your glutes while keeping the entire foot on the ground. At the same time, straighten the other leg against the band to achieve a mild stretch in the hamstring.

## **FULL BODY**

### **Band Overhead Squat Pattern**

Anchor a strength band at the bottom of a Squat Rack. Grab that band with an overhand and shoulder-width grip. Squat to parallel and raise the band overhead with your arms in a “V”.

### **PVC or Barbell Overhead Squat**

While holding a PVC bar or barbell directly overhead, with elbows directly in line with your ears and your shoulder blades pulled down and back, start the movement by pushing your hips back with a neutral lower back, allowing your knees to bend naturally.

# APPENDIX C: MOBILITY WARM- UPS AND RECOVERY DATABASE

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**F**ootball coach Herm Edward is famous for saying, “The best ability is durability.” I believe we can take that phrase to the next level: “The best ability is durability; the best durability is *mobility + strength*.” Your athlete’s ability to stay durable—to stay on the field—is to stay mobile and strong.

This opens up a bigger discussion on mobility vs. stability. **Mobility** is defined as the ability to *produce* a desired movement. **Stability**, by contrast, is the ability to *resist* an undesired movement. Mobility and stability occurs during all the “Big 3” exercises, at multiple joints, with every rep.

Mike Boyle and Gray Cook popularized a framework to help you simplify the confusing mobility vs. stability discussion. This joint-by-joint approach is an outline that tells us, in general terms, if a joint needs to be stable or mobile during play. The basics of their outline is included below:

MOBILITY	STABILITY
Ankle	Foot
Hip	Knee
Thoracic Spine (T-spine)	Lumbar Spine
Shoulder	Cervical Spine
Wrist	Scapula

Proper mobility drills and warm-ups are the toughest things to learn. Part of this is the terminology involved; everyone knows what a Squat or Deadlift is, yet with the recent explosion in mobility programs, the number of “trademarked” or “modified” movements, each with their own designation, has many people confused.

Therefore, I wanted to create a short and sweet mobility menu with simple explanations. These exercises form the foundation of all movement meant to promote strength and balance while reducing the chance for injury. The goal for every person is to have a full range of motion (proper mobility), allowing them to be pain-free, injury free and perform at their most effective and efficient level.

### **Hips/Glutes Activation**

- Mini Band or Sling Shot Lateral Walk
- Mini Band or Sling Shot Diagonal Walk
- Mini Band or Sling Shot Squat
- Mini Band or Sling Shot Glute Bridge
- Linear Banded Kneeling Hip Extension
- Banded Spanish Squat
- Linear Banded (VMO) Low Bow Step up
- Machine Leg (VMO) Extension
- Lateral Banded Bulgarian Squat
- Lateral Banded RDL
- Single Leg Glute Bridge
- Single Leg Hip Thrust
- Standing Cable (attached to knee or ankle) Hip Adduction
- Side Plank with an Inside Leg Raise

### **Low Back/Core Stability**

- Front Plank
- Physioball Front Plank
- Suspension Trainer Fallouts
- Side Plank
- Side Plank with Top Leg Raise

- Side Plank Raises
- Dead Bugs
- Banded Dead Bugs
- PB Crunch (from extension to neutral)
- Superman
- 45-degree Bench Back Extension
- Glute Ham Raise Back Extension

### **Ankle Mobility**

- Wall Half Kneeling 3-Way Ankle Mobility
- Toes Up PVC or Barbell RDL

### **Hip Mobility**

- Lunge Yoga Rotations
- Linear and Lateral Banded Lunge Stretch
- Couch Stretch
- Walking Lunge with Rotation
- Cossack Squat
- Pigeon Stretch

### **Thoracic Spine Mobility**

- Floor Medicine Ball Thoracic Rotations
- Kneeling Thoracic Rotations
- Medicine Ball Thoracic Extension
- Bretzel Stretch

### **Hamstring Flexibility**

- Dumbbell “T” Balance
- Banded Hamstring Stretch

## **Full Body Mobility**

- PVC or Barbell Overhead Squat
- Band Overhead Squat Pattern



## **ABOUT THE AUTHOR**

**Michael Volkmar, MS, CSCS, PES, CPT**, received his master's degree in Exercise Science with a specialization in Exercise, Nutrition, and Eating Behavior from George Washington University (GWU). He worked for three years as the Strength and Conditioning Coach at GWU before moving on to spend one year at the International Performance Institute of IMG Academies, FL. Mike continued his professional development by becoming the Director of Strength and Conditioning at the APEX Academies. Currently, Mike is the strength and conditioning coach at the Peddie School. He has advanced specialty certifications in strength and conditioning, post-rehab exercise, athletic development, and sports medicine.



# RESOURCE

## S

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**T**he field of sports nutrition is constantly evolving with new research. The key is to find a consistent source of information you can trust. The following are a few sources that I personally trust and make use of when building my own programs.

### PRECISION NUTRITION

[www.precisionnutrition.com](http://www.precisionnutrition.com)

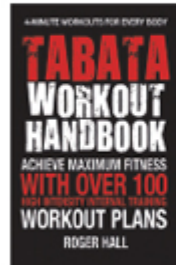
Precision Nutrition is the home of the world's top nutrition coaches, offering many free articles and tips. They have worked with many professional organizations and athletes.

### INTERNATIONAL SOCIETY OF SPORTS NUTRITION

[www.sportsnutritionssociety.org](http://www.sportsnutritionssociety.org)

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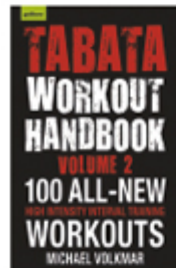


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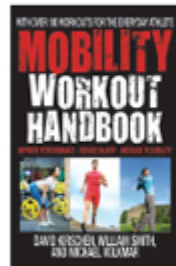


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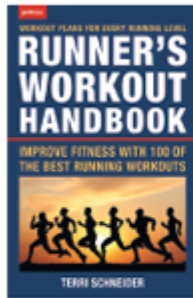
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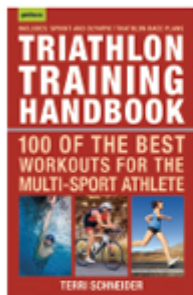


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