



ADVANCED FUNCTIONAL LOWER BODY Approx 50 mins

Warm-Up (8 mins) **Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Walk or jog:** 2 minutes
 - **Leg swings (front-to-back, side-to-side):** 30 seconds each leg
 - **Hip circles:** 30 seconds each direction
 - **Bodyweight squats:** 1 minute
 - **Glute bridges:** 1 minute
 - 2 warm-up sets of your first exercise with light weight
- Programme Tips**
- Focus on slow, controlled movements and proper form.
 - Choose weights that are challenging but allow you to finish all reps with good technique.
 - Increase weights gradually as you get stronger.
 - Rest at least one day between sessions

Main Workout (35 mins) Rest 60–90 seconds between sets.

Barbell Deadlift – 4 x 4–6reps

- How: Hinge hips, grip shoulder-width, drive through heels.
- Why: Maximises posterior chain strength and power.

TRX Single-Leg Squat – 3 x 8reps per side

- How: Hold straps, lower into pistol squat, drive up.
- Why: Unilateral leg strength and balance.

Kettlebell Swing – 3 x 15reps

- How: Hinge hips, swing KB to chest height.
- Why: Explosive hip drive and grip endurance.

Deadmill Push – 3 x 30sec

- How: Turn treadmill off, lean forward, grip handles, push belt hard.
- Why: Mimics sled push; builds leg strength, power, and cardiovascular endurance.

Slam Ball Rotational Throw – 3 x 12reps per side

- How: Rotate torso, throw ball sideways against wall.
- Why: Trains rotational core power and obliques.

Barbell Hip Thrust – 3 x 8–10reps

- How: Sit against bench, bar over hips, thrust upward.
- Why: Targets glutes and hamstrings for hip extension.

TRX Hamstring Curl – 2 x 12reps

- How: Heels in TRX, bridge hips up, curl heels in.
- Why: Isolates hamstrings and glutes with core stability.

TRX Standing Abdominal Extension – 2 x 10reps

- How: Stand, grip handles, lean forward, extend arms, engage core, return upright.
- Why: Strengthens core, improves stability, challenges balance, enhances functional abdominal strength.

Cool-Down (7 mins) **Why:** Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Standing quadriceps stretch: 30 seconds per leg

- How: Stand, pull foot toward glutes, keep knees together.

Standing hamstring stretch: 30 seconds per leg

- How: Stand, extend one leg, hinge at hips, reach toward toes.

Seated glute stretch: 30 seconds per side

- How: Sit, cross ankle over opposite knee, lean forward gently.

Calf stretch (wall or step): 30 seconds per leg

- How: Press ball of foot against wall, lean forward.

Gentle walking or cycling: 2–3 minutes