



ADVANCED STRENGTH

LOWER BODY Approx 50 mins

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

- **Dynamic Stretches:** Leg swings, hip circles, bodyweight squats (2 min).
 - **Light Cardio:** Treadmill walk (3 min).
 - **Activation:** Glute bridges (2 sets x 15 reps), bodyweight lunges (2 sets x 10 reps/leg).
 - 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 Back Squat – 4 x 5–8reps

- How: Bar on upper back, feet shoulder-width, squat to parallel, drive up.
- Why: Heavy compound for quads, glutes, core; key for lower body strength.

Romanian Deadlift Barbell– 4 x 8–10reps

- How: Barbell in hands, soft knees, hinge at hips, lower to mid-shin, stand tall.
- Why: Targets hamstrings, glutes, posterior chain.

Leg Press – 3 x 10–12reps

- How: Feet shoulder-width, lower platform to 90°, press up.
- Why: Adds volume for quads and glutes with less spinal load.

Bulgarian Split Squat – 3 x 8–10reps per leg

- How: Rear foot on bench, squat down with front leg, drive up.
- Why: Unilateral strength, glute and quad focus, fixes imbalances.

Seated Leg Curl – 3 x 12–15reps

- How: Sit, curl pad toward glutes, control back.
- Why: Isolates hamstrings for balanced development.

Standing Calf Raise – 4 x 12–15reps

- How: Stand, rise onto toes, hold, lower slowly.
- Why: Builds calf strength and ankle stability.

Plank – 2 x 45–60 sec

- How: Forearms and toes on floor, body straight.
- Why: Core stability and endurance.

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