

# INTERMEDIATE LEAN

LOWER BODY Approx 50 mins



## Warm-Up (7 mins)

**Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Stair Climber:** 3 min at RPE 5.
- **Dynamic Leg Swings:** 1 min – How: Swing each leg forward/back and side-to-side.
- **Bodyweight Squats:** 1 min – How: Stand feet shoulder-width, squat down, stand up.
- 2 warm-up sets of your first exercise with light weight

### RPE Scale Reference

- **RPE 1–2:** Very light, easy pace
- **RPE 3–4:** Light, warm-up pace
- **RPE 5–6:** Moderate, can talk but slightly breathless
- **RPE 7–8:** Hard, can speak a few words
- **RPE 9–10:** Very hard, maximum effort

## Main Workout (38 mins)

Rest 60–90 seconds between sets.

### Barbell Back Squat – 4 x 8–10reps

- How: Bar on traps, squat deep, drive through heels.
- Why: Builds quads, glutes, and core for lean legs.

### Kettlebell Swing – 3 x 15reps

- How: Stand with feet hip-width apart, hinge at hips, swing kettlebell to chest height, using powerful hip extension and core.
- Why: Explosive power and cardio burn.

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

- How: Rear foot elevated, lower into lunge.
- Why: Unilateral leg strength and balance.

### Slam Ball Rotational Throw – 3 x 12reps per side

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

### TRX Hamstring Curl – 3 x 12reps

- How: Heels in straps, body up, bridge hips, curl heels keeping body straight.
- Why: Isolates hamstrings and glutes.

### Stair Climber Sprints

- Time: 5–6 x 1 min at RPE 8, 1 min at RPE 4
- How: Sprint at 70+ steps/min, recover at 40.
- Why: Torch calories and leg endurance.

### Plank with Shoulder Taps: 2 x 30sec

- How: Tap opposite shoulder in plank position.
- Why: Enhances anti-rotation core 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

#### Programming Notes

- RPE 7–8: Challenging but sustainable; last reps should feel tough.
- Progression: Add 5–10% weight weekly or reduce rest by 10–15 seconds.
- Cardio Integration: Battle ropes, slam balls, and stair sprints boost calorie burn for leanness.
- Functional Focus: Prioritises compound lifts and power moves for metabolic efficiency.