



INTERMEDIATE 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 6–8reps

- How: Bar on traps, squat to parallel, drive through heels.
- Why: Builds quads, glutes, and core.

Romanian Deadlift – 4 x 8–10reps

- How: Hinge hips, bar close to legs, lower to mid-shin.
- Why: Targets hamstrings and glutes.

Leg Press – 3 x 10–12reps

- How: Feet shoulder-width, press platform up.
- Why: Adds lower body volume with joint support.

Leg Curl Machine – 3 x 12–15reps

- How: Lie prone or seated, curl heels toward glutes.
- Why: Isolates hamstrings for balance.

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

- How: Rear foot elevated, squat until front thigh parallels floor.
- Why: Unilateral leg strength and stability.

Standing Calf Raise – 4 x 12–15reps

- How: Rise onto toes, pause, lower slowly.
- Why: Develops calf strength for power.

Plank – 3 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