Lower Body Training Day

**Challenging**

Duration: <1 hour

Equipment:

Lightweight Barbell (20-40 lbs recommended)

Heavyweight Barbell (50-80lbs recommended)

Leg Press Machine

Seated hamstring curl or lying hamstring curl machine

For Size and Strength: Low rep High weight

For Definition and Endurance: High rep low weight

Stretch

-Seated reach stretches

- Horizontal leg swings (ballistic warm up)

- Mule kicks (see picture) both legs

-Upward/downward dog

Warm up X3:

15 lunges without weight

5 dead lifts with lightweight

5 form squats with lightweight

Leg press: 3 sets

1 minute between each set.

Seated hamstring curls 2 sets

Weighted Squat: 3 sets

1:30 between each set

Dead lift: 3 sets

1:30 rest and upward dog between each set

15+ minutes on stairs or bike

Do stretch routine