



8-WEEK **WEIGHT TRAINING PROGRAM** LOWER BODY FOCUSED



- This program is perfect for anyone looking to focus on building their glutes, hamstrings and quads.
- Total of 5 workouts per week.
- The 8 week Weight Training Program (Lower Body Focused) is suitable to an intermediate exerciser who is well versed in the techniques listed in the program.
- The goal during this program is to focus on progressive overload. This is the gradual increase of stress placed upon the body during exercise training. In training contexts, this generally involves progressively increasing some lifting parameter over time (usually weight or reps).
- Warm-up: Brisk walk or cycle followed by dynamic stretches. These will help with mobility and flexibility while also stimulating the blood flow and keeping muscles warm.
- Cool down: Gentle movements and stretches. Use this time to allow your heart rate to return to a normal rhythm while moving through static stretches.

It's all about balance.

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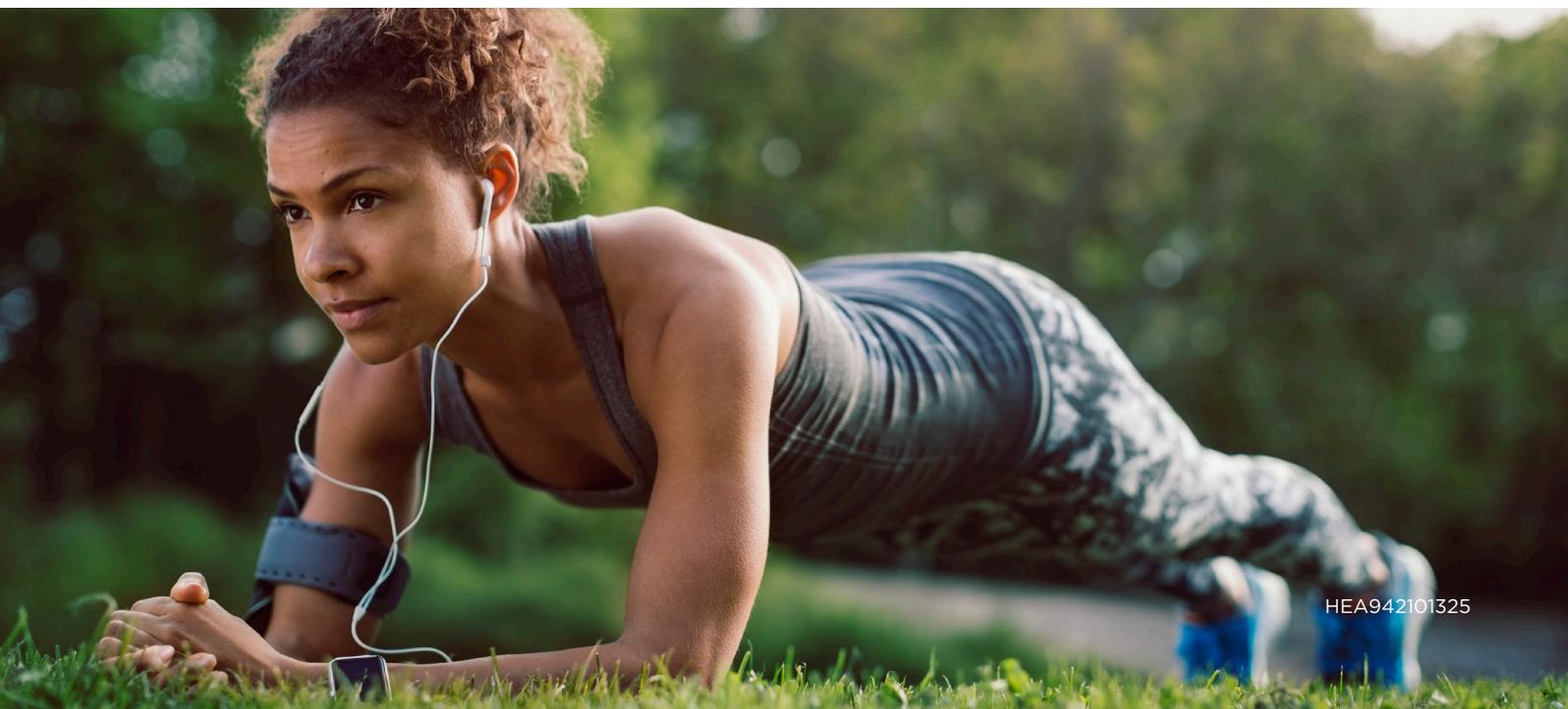
WEEK 1 - WEEK 8

LOWER #1

Exercise:	Sets:	Reps:	RPE:	Rest:	1	2	3	4	Notes:
Barbell Hip Thrust	3	12	8	2 min					Drive through your heels, stay strong through your core
Barbell Sumo Squat	3	10	8	2 min					Wider than hips stance, sit back and down
Romanian Deadlift	3	15	8	2 min					Straight back, keep hips high
Cable Kickback	3	20	8	2 min					Bend your knees, keep your abs tight, squeeze your glutes
Banded Crab Walk	3	20	8	2 min					Squat position, band around your ankles, shuffle steps
Plank	3	20s	7	1 min					Maintain a plank position, squeeze your core muscles

UPPER #1

Exercise:	Sets:	Reps:	RPE:	Rest:	1	2	3	4	Notes:
Dumbbell Shoulder Press	3	10	8	2 min					Focus on mind muscle connection
Dumbbell Lateral Raise	3	15	8	2 min					Keep your torso up right, raise dumbbells laterally
Seated Row	3	10	8	2 min					Retract your scapular
Dumbbell Bicep Curl	3	12	8	2 min					Focus on squeezing your biceps
Triceps Dips	3	10	8	2 min					Focus on squeezing your triceps
Sit Ups	3	10	7	1 min					Draw your abdominals in, curl your body up to your knees



LOWER #2

Exercise:	Sets:	Reps:	RPE:	Rest:	1	2	3	4	Notes:
Dumbbell Walking Lunges	3	10	8	2 min					10 steps each leg. Take medium strides, let your torso lean forward
Barbell Glute Bridges	3	12	8	2 min					Drive through your heels, stay strong through your core
Dumbbell Box Step Ups	3	10	8	2 min					Focus on mind muscle connection, stable movement
Seated Leg Curls	3	15	8	2 min					Curl legs slow and controlled flexing your hamstrings
Banded Lying Abduction	3	20	8	2 min					Lie on your side, band around ankle, raise your leg upward
Leg Raises	3	10	7	1 min					Roll hips up and squeeze lower abs

UPPER #2

Exercise:	Sets:	Reps:	RPE:	Rest:	1	2	3	4	Notes:
Wide Grip Lat Pulldown	3	12	8	2 min					Pull your elbows down and in
Barbell Bench Press	3	10	8	2 min					Elbows at a 45° angle. Keep your scapular retracted and depressed
Barbell Bent Over Row	3	10	8	2 min					Hinge at the hips, keep you back straight, pull your elbows back and in
Cable Face Pull	3	15	8	2 min					Retract your shoulders, pull toward your face
Press ups	3	10	8	2 min					Focus on a mind muscle connection
Bicycle Crunches	3	20	7	1 min					Opposite elbow to knee, maintain tension through abdominals

LOWER #3

Exercise:	Sets:	Reps:	RPE:	Rest:	1	2	3	4	Notes:
Barbell Squat	3	10	8	2 min					Sit back and down, 15° toe flare, drive your knees out laterally
Cable Pull Through	3	12	8	2 min					Hip Hinge, straight back, squeeze glutes
Bulgarian Split Squat	3	10	8	2 min					Focus on mind muscle connection, stable movement
Leg Extensions	3	15	8	2 min					Keep your spine neutral, extend legs slow and controlled
Banded Kickback	3	20	8	2 min					Band around your ankle, kick your heel back squeezing glutes muscle
Side plank	3	20 per side	7	1 min					Neutral spine, squeeze your abdominals

It's all about balance.

EXERCISE VIDEOS

LOWER BODY EXERCISES

- **Banded Crab Walk:** https://youtu.be/Gk_T5hzsWtw
- **Banded Kickback:** <https://youtu.be/O5-ROTy02dA>
- **Banded Lying Abduction:** <https://youtu.be/IZx598ySF-U>
- **Barbell Squat:** https://youtu.be/Uv_DKDI7EjA
- **Barbell Sumo Squat:** https://youtu.be/E_VDwURp8as
- **Barbell Glute Bridges:** <https://youtu.be/yIpfCk3i-0Y>
- **Barbell Hip Thrusts:** <https://youtu.be/Zp26q4BY5HE>
- **Bulgarian Split Squat:** <https://youtu.be/2C-uNgKwPLE>
- **Cable Kickback:** https://youtu.be/dJa_Nf4zdik
- **Cable Pull Through:** <https://youtu.be/pv8e6OSyETE>
- **Dumbbell Box Step Ups:** <https://youtu.be/37tVohr7LcE>
- **Dumbbell Walking Lunges:** <https://www.youtube.com/watch?v=D7KaRcUTQeE&t=1s>
- **Leg Extensions:** <https://youtu.be/YyvSfVjQeL0>
- **Romanian Deadlift:** <https://youtu.be/oyxCn2iSjU>
- **Seated Leg Curls:** <https://youtu.be/ELOCsoDSmrg>



UPPER BODY EXERCISES

- **Barbell Bench Press:** <https://youtu.be/vthMctgVtFw>
- **Barbell Bent Over Row:** <https://youtu.be/9efgcAjQe7E>
- **Bicycle Crunches:** <https://youtu.be/lwyvozckjak>
- **Cable Face Pull:** <https://youtu.be/rep-qVOkqgk>
- **Cable Seated Row:** https://youtu.be/sP_4vybjVJs
- **Dumbbell Bicep Curls:** <https://youtu.be/av7-8igSXTs>
- **Dumbbell Lateral Raise:** <https://youtu.be/3VcKaXpzqRo>
- **Dumbbell Shoulder Press:** <https://youtu.be/B-aVuyhvLHU>
- **Press Ups:** <https://youtu.be/IODxDxX7oi4>
- **Leg Raises:** <https://youtu.be/JB2oyawG9KI>
- **Plank:** <https://youtu.be/BQu26ABuVSO>
- **Side Plank:** <https://youtu.be/NXr4Fw8q60o>
- **Sit Ups:** <https://youtu.be/jDwoBqPH0jk>
- **Triceps Dips:** https://youtu.be/0326dy_-CzM
- **Wide Grip Lat Pulldown:** <https://youtu.be/83Y3CFcgkQ>

