

Lower Body Blast # 7

GOALS Intensifying effort and introduction through progressive overload.

Remember to warm up!

Level 1 - Just get through the workout. No weights used, or use bands. Rest as needed.

Level 2 - Hold Dumbbells when possible. Keep rest between exercises at 30-40 seconds.

Rest between sets 60-75 sec.

Level 3 - Hold dumbbells. Keep rest between exercises at strict 30 sec.

60 sec. between sets and add the *Fat Finisher intervals, now increased to 45 sec. each.

SERIOUSLY SLIMMING SETS - STRENGTH TRAINING (CS)

Circuit Style (CS) - Perform SET 1 of ABC, this equals 1 circuit.

Repeat CS for sets 2 and 3, then move to Group 2, same CS

PROGRESSIVE OVERLOAD: After each set, increase weight and decrease reps to a weight that challenges, while maintaining proper form. Record your reps/weight/rest

EXERCISES	SETS	REPS	SET 1	SET 2	SET 3	REST
GROUP 1						
A) Bulgarian Split Squat	3	12 R + 12 L				
	3	10 R + 10 L				
	3	8 R + 8 L				
B) Stiff Legged Deadlift	3	12				
	3	10				
	3	8				
C) Wall Squat + Single Leg Lift No weights.	3	12 R + 12 L				
GROUP 2 - No Weights						
D) Deep Soleus Calve Raises	2	15				
E) Bent Over Calve Raises	2	12				

* LEVEL 3 FAT FINISHERS - Add between each exercise, then rest 45 seconds and continue. At the end of each set, following the Fat Finishers, rest 60 seconds and begin again.

EXERCISE CHOICES	TIME	TARGET HR
Speed Skaters	45 sec.	75-90% or 7-9 on RPE
Skip rope (with or without rope)	45 sec.	75-90% or 7-9 on RPE

COOL DOWN

ACTIVITY CHOICE	TIME/DIST	SETS/REPS

Seriously Sexy Legs Lower Body Blast 7

EXERCISES

GROUP 1

A - BULGARIAN SPLIT SQUAT

Stand in a lunge position with your back leg extended and up on a bench or chair (toe or instep on bench), lower body down. Do not allow front knee to extend beyond your toes. Pause for 1 second.

Return to upright position = 1 rep



B - STIFF LEGGED DEADLIFT

Stand holding a pair of dumbbells at front of thighs keeping knees slightly bent.

Bend at the hips and slowly lower the weights towards the floor, maintaining a flat back until you feel a stretch in your hamstrings.



C - WALL SQUAT + SINGLE LEG LIFT

Position your back against the wall with knees bent at a 90 degree angle at knees or slightly less. Extend one leg, lower down to floor and back up to parallel = 1 rep



GROUP 2

D - DEEP SOLEUS CALF RAISES

Modify if needed



Holding one weight in a low 90 degree squat position. Lift up on toes and lower heels = 1 rep
(Modification against bench - no weight)

E - BENT OVER CALVE RAISES

With knees slightly bent, bend forward holding a pair of dumbbells as close to the tops of your feet as possible, maintaining a flat back. Raise heels off floor. Lower heels until they touch the ground. Return to starting position = 1 rep.



For an extra burn, hold heels up and perform 5-10 suspended micro-reps/pulses, then return to start.