

FIND YOUR STRONG

Lower Body Bias Training Program

WARM UP

EXERCISE	SETS	REPS	REST	NOTES
3 rounds 10 Downward Dog to Upward Dog, Kneeling Hip Opener Stretch, 20 Glute Bridge, 10 Alternating Reverse Lunge	-	-	-	Complete this warm up series before each workout. Take your time and focus on moving with control. Aim to feel the workout muscles to 'prime' them for your workout.

MONDAY

Lower & Pull

EXERCISE	SETS	REPS	REST	NOTES
Loop Band Glute Bridge	3	15	-	Drive knees out and push through heels. Pause hips at the top for 2 seconds, then slowly lower.
Hydrants	3	10/10	-	Keep midline as tight as possible, don't let the lower back arch. Draw a big circle with knee.
Kettlebell Sumo Deadlift	4	8	90 sec	Drop hips as low as possible before extending. Keep tension in upper back and midline. Weight in heels.
Dumbbell Front Rack Walking Lunge	4	20	90 sec	Move with control. Fully extend hips before bringing rear foot to floor. Chest high, drive through heels.
Machine Row	3	8	60 sec	Shoulder blades pinched, then tuck them into your back pocket. Row into belly button with control.

TUESDAY

Recovery

EXERCISE
Walk for 15 minutes after each main meal, and incorporate an extra serve of protein today.

WEDNESDAY

Lower & Pull

EXERCISE	SETS	REPS	REST	NOTES
Lateral Band Walk	3	10/10	-	Keep hips low and keep tension on power band.
Donkey Kick Backs	3	10/10	-	Move super slow. Crunch abs and avoid arching your back. Extend foot as high as possible.
Back Squat	4	6	90 sec	Prioritise perfect positions over load. Control hips back, push knees out and drive through heels.
Pause Barbell Hip Thrust	4	8	60 sec	Pause hips at top, squeeze glutes hard. Keep abs crunched and drive knees out.
Barbell Overhead Press	3	8	60 sec	Move slow and with a big range of motion. Avoid leaning back, keep midline tight.

THURSDAY

Recovery

EXERCISE
Walk for 15 minutes after each main meal, and incorporate an extra serve of protein today.

FRIDAY

Lower & Pull

EXERCISE	SETS	REPS	REST	NOTES
Loop Band Air Squat	3	15	-	Move slowly and pause hips briefly at the bottom of your squat. Keep midline tight and chest high.
Single Leg Toe Touch	3	10/10	-	Keep knee soft and control the downward phase of the rep. 10 on one leg, then 10 on the other.
Dumbbell Romainian Deadlift	4	8	90 sec	Keep belly tight, shoulder blades pinched and chest high. Soft bend in knee, keep bells close to legs.
Dumbbell Bulgarian Split Squat	4	10/10	60 sec	Keep back hip open. Keep weight on front heel, drop knee low with control, push front knee outwards.
Lat Pull Down	4	8	60 sec	Pull shoulder away from ears then pull bar to your chest. Keep your chest tall. Squeeze elbows together.