

LOWER BODY STRENGTH

DAY# 1

Name: _____ Date: _____

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Stationary Squat	10		1	
B	Prone Leg Overs	20		1	10 Each Leg
C	Walking Knee Hug		25YDS	1	
D	Bear Crawl		25YDS	1	
E	High Knees		25YDS	1	
F	Butt-Kickers		25YDS	1	
G	Squat Drops	10		1	
H	Split Squat Drops	10		1	10 Each Leg
Tier 2	Task Specific Warm-up Complete 1 set of exercise A-D, repeat from A.				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Reverse Lunge w/ Hamstring Curl	2	5		5 Each Leg
B	Groiners	2	5		5 Each Leg
C	Prone Superman	2	5		
D	Hex Bar Deadlift	2	10	Medium	
Rest 30 to 90 sec Between Rounds					
Tier 3	Complete Movement A for Prescribed # of Sets and Then Complete 1 set B-C Repeat from B				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Triple Extension	5	3	60%	
B	Hex Bar Deadlift	5	5	70%	
C	Pistol Box Squat	5	5		Body Weight on to Knee High Box
Rest 1:30 to 2 min Between Sets					
Tier 4	Auxiliary Exercises: Complete 1 set of exercise A-D, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Sandbag Front Squat	3	10	HEAVY	
B	Box Jump	3	5		
C	Flutter Kicks	3	20SEC		
D	Kettlebell Swing	3	20SEC	MEDIUM	
E	Barbell Curtsy Lunge	3	10	MEDIUM	5 Each Leg
Rest 1min Between Rounds					
Tier 5	Optional Finisher				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Turkish Get-ups	1	20	MEDIUM	10 Each Side
B					
Tier 6	Flexibility and Foam Rolling				
Order	EXERCISE	SETS	TIME	NOTES	
A	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
B	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
C	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
D	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left
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