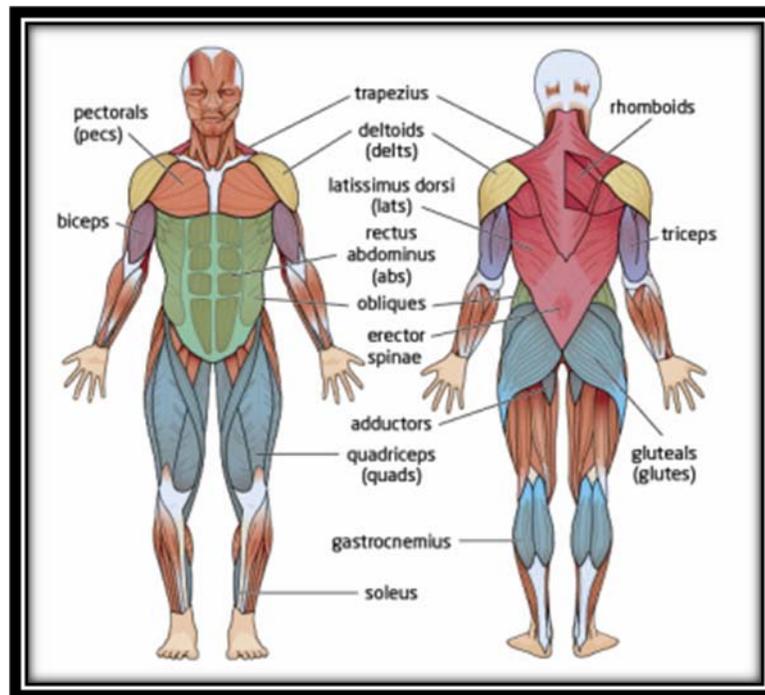


# LOWER BODY MUSCULAR ENLARGEMENT

## WORKOUT

PRESCRIPTION: 3-6 SETS X 8-12 REPETITIONS X 30-90  
SECOND REST

ESTIMATE TIME: 30 MINUTE – 1 HOUR



Picture found at: <http://www.what-is-fitness.com>

# Lower Body

**Goal:** Hypertrophy/ muscle definition

**Workout Volume:** 3-6 sets X 8-12 repetitions X 30- 90 second rest

## Warm-up:

1. Jog 2 minutes on the track or treadmill. Jog at a moderate pace. You should be able to hold a conversation with someone.
1. Perform some dynamic movements of the body: full range of motion in hips, knees, ankles, shoulders and wrists. Do not hold any stretches as it could hinder performance and cause injury.

## Workout:

1. Squat: 3-6 sets X 8-12 repetitions X 30-90 second rest
  - a. Go to the squat rack and use a bar. Load weight onto the bar or use a body bar. Make sure the weight is moderate to heavy but you are able to perform 8 to 12 repetitions- no more no less.
  - b. Place the bar on the meaty part of your upper back. Do not place the bar directly on top of the shoulders. With your feet shoulder-width apart and toes pointed slightly outward push your buttocks back keeping your chest up. Leading with your buttocks, pretend you are sitting in the chair. Remember to keep your chest away from your knees. Once you have reached about a 90 degree angle at the knees, stand up and repeat. Perform 8-12 repetitions with 30-90 second rest between sets.



2. Side Lunges: 3-6 sets X 8-12 repetitions X 30-90 second rest

- a. Beginners use your bodyweight. Others feel free to use dumbbells for added weight.
- b. Standing with feet together and hands at chest level without weight (If you have weights hold them in front of your thighs). With the right leg, step to the right to a wide stance (wider than shoulder width apart) and squat down so that knees are at about 90 degrees. If you have weights when you are in the squat the weights should be between your legs in the middle of your body. Stand up and move right foot back to starting stance, feet together. Step with the left leg to a wide stance, squat and then stand up. Perform 12-16 repetitions total, not each leg. Rest 15-30 seconds between sets.



3. Seated Leg Press: 3-6 sets X 8-12 repetitions X 30-90 second rest

- a. Use the leg press machine, which is near the half wall in the weight room. Select a weight that is moderate to heavy and will cause you to push yourself.
- b. Sit on the machine chair and lean back so that your back is firmly pressed against the chair back. Position your legs so that your knees are flexed to 90 degrees and your feet are pressed against the foot platform, pull the yellow lever, if needed, to adjust forward and backward. When ready, contract your quadriceps muscles and push the foot platform away from your body, extending your knees. Avoid locking the knees in this extended position. Bring your knees back toward your body, returning to the original 90 degree bend. Avoid slamming the weight stack down on your return. Perform 8-12 repetitions with 30-90 second rest between sets.



4. Seated Leg Extension: 3-6 sets X 8-12 repetitions X 30-90 second rest

- a. Use the seated leg extension machine. Select a weight that is moderate to heavy but you could do 8-12 repetitions.
- b. Sit in the chair with your back against the pad. Make sure that your knees are lined up with the red axis knob with your ankles under the circular pad. Adjust the circular pad with the yellow lever to the S-M-L depending on your height.
- c. Flex your quad muscles and extend the knees. Remember to not lock the knees when fully extended. Then, under control, lower the legs to starting position. Avoid slamming the weights down. Perform 8-12 repetitions with 30-90 second rest between sets.



5. Prone Leg Curl: 3-6 sets X 8-12 repetitions X 30-90 second rest

- a. Use the prone leg curl machine. Select a weight that is moderate to heavy but you could do 8-12 repetitions.
- b. Place your ankles under the circular pad and lie on your stomach, face down. You can adjust the circular pad if needed based on height and comfort. The circular pad rotates to a high, medium and low position. It cannot be adjusted to a shorter length. Begin by flexing your glutes and pull your ankles to your buttocks. Return to the starting position. Be careful when lowering weights. Avoid slamming the weights down. Perform 8-12 repetitions with 30-90 second rest between sets.



6. Hip Abduction: *3-6 sets X 8-12 repetitions X 30-90 second rest*

- a. Choose a weight that will allow you to complete 8-12 repetitions. The weight should be moderate to heavy in weight. If you are not struggling at the end to do all the repetitions, then the weight might be too light.
- b. Sit on the seat and place your legs on the movement bars. Using the yellow lever, change the angle of the movement bars making them move towards the center. Place the pads so that they are on the outside of your knees. When you are ready, contract your hips and glute muscles and push your legs apart. Once you have opened your legs as far as you can, return to the starting position. Make sure to keep the movement under control so that the weights do not slam down. Perform 8-12 repetitions with 30-90 second rest between sets.



**Cool Down:**

1. Great job! You did it! Now take a few laps around the track, either jogging or walking.
2. Stretch. Focus on your lower back, quads and inner thighs. Hold each stretch for 10-30 seconds.

Lower Body						
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Squat						
Side Lunge						
Seated Leg Press						
Seated Leg Extension						
Prone Leg Curl						
Hip Abduction						

Lower Body						
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Squat						
Side Lunge						
Seated Leg Press						
Seated Leg Extension						
Prone Leg Curl						
Hip Abduction						

Lower Body						
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Squat						
Side Lunge						
Seated Leg Press						
Seated Leg Extension						
Prone Leg Curl						
Hip Abduction						

Lower Body						
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Squat						
Side Lunge						
Seated Leg Press						
Seated Leg Extension						
Prone Leg Curl						
Hip Abduction						