

Day 1 - Lower Body Push

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Regular workout

Created by Brooke Brinkman on 26 Dec 2023, last updated on 26 Dec 2023.

est. 58 minutes

Equipment

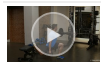
Barbell Body weight Dumbbell Mat

Superset of 3 sets



Barbell Front Squat

10



Dumbbell Rear Foot Elevated...

10 each leg



Rest for 90 sec

Repeat new set



Hip Abduction

3 sets x 12

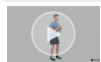
👉 Rest 90 sec between sets

Superset of 3 sets



Sumo Squat + Pulse

10



Squat Jump

10



Rest for 90 sec

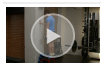
Repeat new set



SQUAT LUNGE LUNGE

3 sets x 10 (squat & each lunge = 1; ...

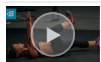
👉 Rest 90 sec between sets



Dumbbell Calf Raise

3 sets x 20

👉 Rest 90 sec between sets



Dead Bug - Abdominal / Core ...

3 sets x 20 total

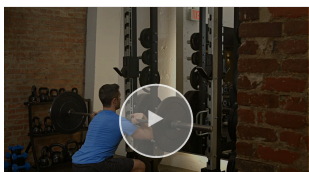
👉 Rest 90 sec between sets



Hollow Body Hold

3 sets x 60 seconds

👉 Rest 90 sec between sets



Barbell Front Squat

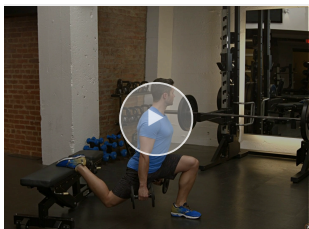
- 1) When performing this exercises, there are 2 forms of Squat.
- 2) With the Barbell right above your chest, set your feet slightly wider than shoulder-width apart. Have a slight turn out of your toes.



3) From there, you'll sit your hips back, keep your knees out, and most of your body weight going into your heels.

4) As you go lower into your squat, in order to keep a set back, which is a neutral or slightly arch back, you'll want to have your arms up and parallel to the ground at all times.

5) Ensure your knees, hips and feet are all in line.



Dumbbell Rear Foot Elevated Split Squat

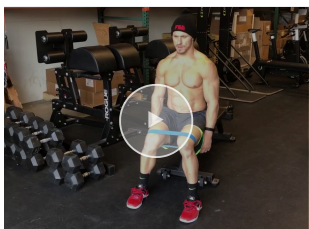
1) When performing this exercise, ensure that your knee, feet and hip are in line.

2) With your feet hip-width apart, place the instep of your rear foot on a bench. Your feet should be approximately three feet apart.

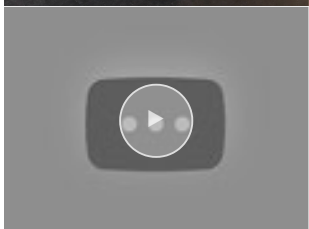
3) Lower your hips toward the floor so that your rear knee comes close to the floor.

4) Pause and drive through your front heel to return to the starting position.

5) Repeat

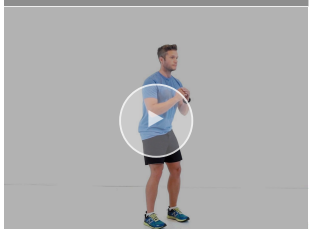


Hip Abduction



Sumo Squat + Pulse

Sumo Squat + Pulse



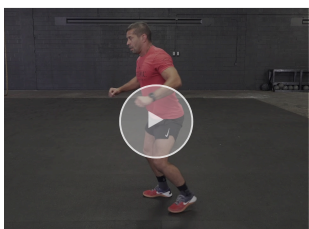
Squat Jump

1. Start by slowly descending into a squat by sitting back into your hips and knees.

2. Push the floor away and fully extend your hips and knees, leaving the floor as you come upwards.

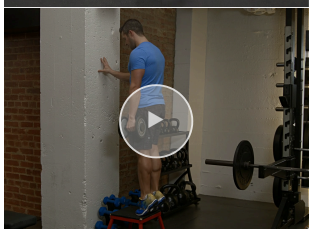
3. Land softly under control while keeping the knees in line with your hips and feet, not allowing them to cave inwards.

4. Repeat for desired number of repetitions.



SQUAT LUNGE LUNGE

SQUAT LUNGE LUNGE



Dumbbell Calf Raise

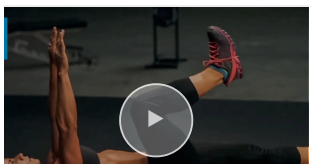
1) When performing a calf raise, ensure that your knees are straight and try to get the full range of motion through your ankle.

2) Start by grasping a dumbbell in your left hand and standing on the edge of an elevated platform. Let both your heel drop as far as possible.

3) Keeping your body straight, raise both heels up as far as possible.

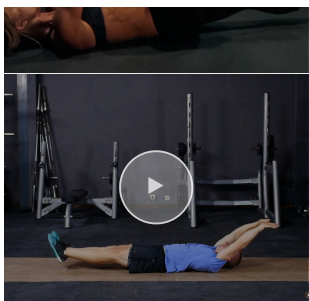
4) Pause and squeeze the calf muscle, and then slowly lower your heel back down as far as possible.

5) Repeat for desired reps.



Dead Bug - Abdominal / Core Exercise Guide

Dead Bug - Abdominal / Core Exercise Guide



Hollow Body Hold

- 1.Lie on the floor with your legs straight, feet, knees, and legs together, arms extended overhead.
- 2.Raise your legs and upper body up slightly to where only your buttocks are touching the floor.
- 3.Hold briefly then slowly lower your body back to the floor returning to starting position.
- 4.Repeat.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Barbell Front Squat	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Rear Foot Elevated Split Squat	reps x	lbs	reps x	lbs	reps x	lbs
Hip Abduction	reps x	lbs	reps x	lbs	reps x	lbs
Sumo Squat + Pulse	reps x	lbs	reps x	lbs	reps x	lbs
Squat Jump	reps		reps		reps	
SQUAT LUNGE LUNGE	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Calf Raise	reps x	lbs	reps x	lbs	reps x	lbs
Dead Bug - Abdominal / Core Exercise Guide	reps x	lbs	reps x	lbs	reps x	lbs
Hollow Body Hold	sec		sec		sec	

Previous Stats