

LOWER BODY - STRENGTH

BODYWEIGHT

1. **A.** [Rear Leg Elevated Split Squat \(1.5 reps\)](#) – 4x8 each
- B.** [Split Squat](#) – 4x10 each
- C.** [Split Squat Iso Hold](#) – 4x15 sec each
2. **A.** [Foot Elevated Hip Thrust \(2s hold @ top\)](#) – 4x15 each
- B.** [Slider/Towel Leg Curl](#) – 4x15
3. **A.** [Squat to Lateral Lunge](#) – 3x8 each
- B.** [Cossack Squat \(Slow\)](#) – 3x10
- C.** [Side Plank Dip to Leg Raise](#) – 3x10 each
- D.** [Slider/Towel Body Saw](#) – 3x15

*Click the blue links to view a demonstration of the movements

Notes: Getting great work out of bodyweight lower body is going to require a bunch of focus and time under tension – go slow and perform perfect reps throughout. You could elect to add some weight to the squats, lunges, and split squats. 1A, 1B, and 1C should all be performed on one leg before moving to the other leg – you'll RLESS with your right in front, then left in front, then split squat with your right in front, then left in front, ect. "Towel Leg Curl" and "Towel Body Saw" should work on any smooth surface

