

LOWER BODY - STRENGTH

MEDIUM WEIGHTS

1. **A.** [Goblet Squat to Reverse Lunge](#) – 4x6 each
- B.** [KB/DB RDL \(1.5 reps\)](#) – 4x10 each
- C.** [Single Leg KB/DB RDL](#) – 4x8 each
2. **A.** [Back Elevated Hip Thrust \(21s\)](#) – 4x
- B.** [Rear Leg Elevated Split Squat \(21s\)](#) – 4x each
3. **A.** [Straight Leg Situp](#) – 3x10+
- B.** [Side Plank Dip to Leg Raise](#) – 3x10 each

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

Notes: Be sure to watch the videos for the “21s” so you know the rep scheme. If “Back Elevated Hip Thrust” or “Rear Leg Elevated Split Squat” are too easy you can add weight. If “Straight Leg Situp” is too easy you can add weight, held on your chest or straight overhead – as you go through the movement.

