

1.5 Lower Body

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Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 54 minutes

Jog	1 set x 5 min	👉 Rest 90 sec between sets
Hip Thrust Machine	3 sets x 10	👉 Rest 90 sec between sets
Single leg leg press machine	3 sets x 8 each	👉 Rest 90 sec between sets
Barbell Romanian deadlift.	3 sets x 10	👉 Rest 2 min between sets
seated leg extension	3 sets x 10	👉 Rest 60 sec between sets
Seated leg curl	3 sets x 10	👉 Rest 60 sec between sets
Seated Hip Abduction	3 sets x 12	👉 Rest 60 sec between sets
Calf raise on leg press machi...	3 sets x 15	👉 Rest 60 sec between sets

Jog

-Keep it light
-Goal: Warm up muscles/break a sweat



Hip Thrust Machine

Hip Thrust Machine Quick Tutorial



Single leg leg press machine



Barbell Romanian deadlift.



seated leg extension

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Kick the lower legs & squeeze at the top until the legs are almost straightforward, keep the ankles locked throughout the whole rep
- Slowly descend the legs on the release of the squeeze

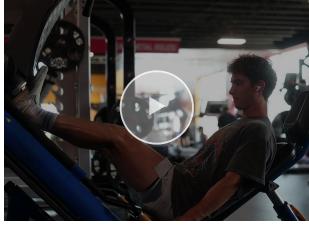


Seated leg curl

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Legs locked underneath the leg pad
- Pull the heels towards the butt and squeeze at the end of the rep
- Slowly release the squeeze until the legs are almost back to straightforward



Seated Hip Abduction



Calf raise on leg press machine

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:
 - Wider stance and/or toes pointed outward = more outside leg recruitment
 - Narrower stance and/or toes pointed inward = more inside leg recruitment
- Just the forefoot and up to the toes should make contact with the press platform
- Aim for a full stretch at the bottom and a full squeeze at the top

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

Exercise Name	Set 1		Set 2		Set 3	
jog	Distance Time Speed Levels/incline Calories burnt	miles m: s				
Hip Thrust Machine		reps x	lbs		reps x	lbs
Single leg leg press machine		reps x	lbs		reps x	lbs
Barbell Romanian deadlift.		reps x	lbs		reps x	lbs
seated leg extension		reps x	lbs		reps x	lbs
Seated leg curl		reps x	lbs		reps x	lbs
Seated Hip Abduction		reps x	lbs		reps x	lbs
Calf raise on leg press machine		reps x	lbs		reps x	lbs

Previous Stats