

# 1.5 Lower Body









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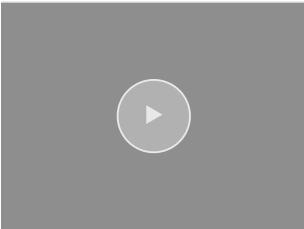
## 1.5 Lower Body

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



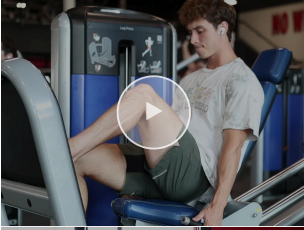
### Jog

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

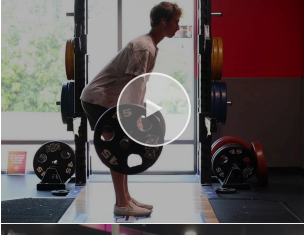


### Hip Thrust Machine

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

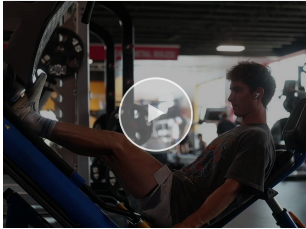


Seated leg curl

- 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	miles				
	Time	m: s				
	Speed					
	Levels/Incline					
	Calories burnt					
Hip Thrust Machine	reps x	lbs	reps x	lbs	reps x	lbs
Single leg leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Barbell Romanian deadlift.	reps x	lbs	reps x	lbs	reps x	lbs
seated leg extension	reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl	reps x	lbs	reps x	lbs	reps x	lbs
Seated Hip Abduction	reps x	lbs	reps x	lbs	reps x	lbs
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats