

- Day 1: Lower Body Strength (Glutes, Quads, Hamstrings)
 - Warm-Up:
 - Workout:
 - Back Squat - 4 sets x 8-10 reps
 - Leg Press - 4 sets x 20 reps
 - Superset 1
 - Superset 2
 - Superset 3
 - Standing Calf Raises - 4 x 16 reps
 - Abs:
 - Stability Ball Crunches: 15-20 Reps
 - Lying Leg Raise: 15-20 Reps
 - Obliques Crunches: 15-20 Reps
 - Spiderman Crunches: 15-20 Reps

Day 1: Lower Body Strength (Glutes, Quads, Hamstrings)

Warm-Up:

- Dynamic stretches (leg swings, hip openers, bodyweight squats) - 5 mins
- Jumping jacks or high knees - 3 mins

Workout:

Back Squat - 4 sets x 8-10 reps

Target: Quads, Hamstrings, Glutes

Benefits: Builds lower body strength, improves core stability, enhances mobility

Leg Press - 4 sets x 20 reps

Target: Quads, Hamstrings, Glutes

Benefits: Increases leg muscle size and strength, reduces spinal load

Superset 1

1. **Leg Extensions - 4 sets**, - descending rep range - 25, 20, 15, 10 increasing weight each time.
2. **Leg Curls - 4 x 8 reps**

Superset 2

1. **Good Mornings - 3 x 8 reps**
2. **Reverse Lunges - 3 x 8 reps**

Target: Hamstrings, Glutes, Lower Back

Benefits: Improves posterior chain strength, enhances hip mobility

Superset 3

1. **Stiff Leg Deadlift - 3 x 8 reps**
2. **Seated Calf Raise - 3 x 10 reps**

Standing Calf Raises - 4 x 16 reps

Abs:

Stability Ball Crunches: 15-20 Reps

Lying Leg Raise: 15-20 Reps

Obliques Crunches: 15-20 Reps

Spiderman Crunches: 15-20 Reps