

WEEK 4 - DAY 2

LOWER BODY

Quads / Hamstrings / Glutes / Calves | Age 38 Optimized | Body Recomposition (95kg -> 80kg)

| | | |
|------------------------|-----------------|-------------------------|
| Pre-Workout: 30-40 min | Main: 60-75 min | Post-Workout: 40-50 min |
|------------------------|-----------------|-------------------------|

PRE-WORKOUT FOUNDATION PROTOCOL (30-40 min)

SCIENCE: At age 38, extended sport-specific warm-ups are CRITICAL. Research shows: 1) Reduces injury risk by 50%+, 2) Improves neural drive and force production, 3) Increases joint synovial fluid for better mobility. Never skip!

| Exercise | Sets x Reps | Rest | Age 38 Progression Notes |
|-----------------------------|--------------------|--------|-----------------------------------|
| 1. PUSH-UPS (Full ROM) | 4 x 12 = 48 | 30-45s | Chest to floor, protect shoulders |
| 2. PULL-UPS (Mixed Grip OK) | 3 x 7 = 21 | 60-90s | Dead hang, control eccentric |
| 3. WEIGHTED SQUATS (Goblet) | 4 x 10 = 40 @ 18kg | 45-60s | Below parallel, knee health |

FORM CUES (AGE 38 JOINT PROTECTION):

- Push-ups: Hands slightly wider than shoulders, elbows at 45deg (not 90deg flared)
- Pull-ups: Full dead hang, controlled descent (3s negative), vary grip weekly
- Squats: Sit back into hips FIRST, knees track toes, stop if knee pain

MAIN WORKOUT (60-75 min)

SCIENCE: META-ANALYSIS (PMC5684266): Medium-High Weekly Set volume (5-10+ sets/muscle) produces 15-23% greater strength gains. Tempo 2-1-2 (slower) protects joints at 38. Rest: 2-3min compounds (ATP), 60-90s isolation (metabolic stress). BODY RECOMP: Compound lifts preserve muscle in caloric deficit.

| Exercise | Sets | Reps/Tempo | Rest | Technique Notes |
|----------------------|------|----------------|------|---|
| Barbell Back Squat | 4 | 5-6 @3-1-2 | 3min | Add 2.5kg from week 2 |
| Romanian Deadlift | 4 | 6-8 @3-1-2 | 2min | Add 2.5kg from week 2 |
| Walking Lunges | 3 | 10 each @2-1-2 | 90s | Shorter stride at 95kg for knee safety |
| Leg Press | 4 | 10-12 @2-1-2 | 90s | Feet high+wide for glutes, no knee lock |
| Leg Curl (Lying) | 3 | 12-15 @2-1-2 | 60s | 3s eccentric for hamstring TUT |
| Calf Raises (Seated) | 4 | 15-20 @2-2-2 | 45s | 2s pause at top, full stretch |
| Hip Thrusts | 4 | 12-15 @2-2-2 | 90s | Glute builder - critical at 38 |
| Core: Dead Bug | 3 | 10 each @3-0-3 | 30s | Spine stability for heavy lifts |

POST-WORKOUT CARDIO (35-45 min)

SCIENCE: BODY RECOMPOSITION KEY: Post-workout LISS cardio maximizes fat oxidation without impairing muscle protein synthesis. At 95kg, walking burns ~85-95 kcal/km. This 3km adds ~270 kcal expenditure toward your 500-700 kcal deficit!

| Activity | Distance | Target Pace | Calories Burned |
|-------------------------|----------|--------------|-----------------|
| 1. Main Walk (Brisk+) | 2.0 km | 10-11 min/km | ~170-190 kcal |
| 2. Recovery Walk (Easy) | 1.0 km | 12-13 min/km | ~85-95 kcal |
| TOTAL | 3.0 km | 35-45 min | ~255-285 kcal |

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BODY RECOMPOSITION WALKING TIPS (95kg -> 80kg):

- * Walking at 95kg burns 30% MORE calories than at 80kg - use this advantage!
- * Post-workout = peak fat oxidation window (glycogen depleted)
- * Add inclines or stairs when available for +50% calorie burn
- * Track steps: aim for 10,000+/day (including this walk)

COOL-DOWN STRETCHING (10-15 min)

| Stretch | Duration | Done |
|---------------------------|-------------|--------------------------|
| Standing Quad Stretch | 45 sec each | <input type="checkbox"/> |
| Seated Hamstring Stretch | 45 sec each | <input type="checkbox"/> |
| Pigeon Pose | 60 sec each | <input type="checkbox"/> |
| Hip Flexor Stretch | 45 sec each | <input type="checkbox"/> |
| Calf Stretch Against Wall | 30 sec each | <input type="checkbox"/> |
| Figure 4 Stretch | 45 sec each | <input type="checkbox"/> |

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SESSION TRACKING

Date: _____

Start Time: _____

End Time: _____

Energy Level (1-10): _____

Workout Quality (1-10): _____

Sleep Last Night (hrs): _____

Pain/Discomfort (location): _____

Key Wins Today: _____