

# WEEK 3 - 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)      | 3 x 14 = 42        | 30-45s | Chest to floor, protect shoulders |
| 2. PULL-UPS (Mixed Grip OK) | 4 x 5 = 20         | 60-90s | Dead hang, control eccentric      |
| 3. WEIGHTED SQUATS (Goblet) | 3 x 12 = 36 @ 16kg | 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   | 11-12 min/km | ~170-190 kcal   |
| 2. Recovery Walk (Easy) | 1.0 km   | 13-14 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

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Date: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Energy Level (1-10): \_\_\_\_\_

Workout Quality (1-10): \_\_\_\_\_

Sleep Last Night (hrs): \_\_\_\_\_

Pain/Discomfort (location): \_\_\_\_\_

Key Wins Today: \_\_\_\_\_