

Lower Body

MUSCLE GROUP: LOWER BODY WEEK 1

DAY 1

DIFFICULTY: 

EXERCISE	SETS	REPS/ TIME	WEIGH T	NOTES	✓
Goblet Squat	3	8		Superset 1	
Reverse Lunge	3	8 each		Superset 1	
Glute Bridge	3	10			
Lateral Lunge	3	8 each		Superset 2	
Plie Squat	3	10		Superset 2	

DAY 2

EXERCISE	SET S	REPS/ TIME	WEIGH T	NOTES	✓
Wall Sit	3	:15-:20			
RDL	3	10		Superset 1	
RFE Squat	3	8 each		Superset 1	
SL RDL	3	6 each		Superset 2	
Donkey Kicks	3	8 each		Superset 2	



Lower Body

MUSCLE GROUP: LOWER BODY WEEK 2

DAY 1

DIFFICULTY: 🔥 🔥

EXERCISE	SETS	REPS/ TIME	WEIGH T	NOTES	✓
Goblet Squat	3	10		Superset 1	
Reverse Lunge	3	10 each		Superset 1	
Glute Bridge	3	12			
Lateral Lunge	3	10 each		Superset 2	
Plie Squat	3	12		Superset 2	

DAY 2

EXERCISE	SET S	REPS/ TIME	WEIGH T	NOTES	✓
Wall Sit	3	:20-:30			
RDL	3	12		Superset 1	
RFE Squat	3	10 each		Superset 1	
SL RDL	3	8 each		Superset 2	
Donkey Kicks	3	10 each		Superset 2	



Lower Body

MUSCLE GROUP: LOWER BODY WEEK 3

DAY 1

DIFFICULTY: 🔥 🔥 🔥

EXERCISE	SETS	REPS/ TIME	WEIGH T	NOTES	✓
Goblet Squat	4	8		Superset 1	
Reverse Lunge	4	8 each		Superset 1	
Glute Bridge	4	10			
Lateral Lunge	4	8 each		Superset 2	
Plie Squat	4	10		Superset 2	

DAY 2

EXERCISE	SET S	REPS/ TIME	WEIGH T	NOTES	✓
Wall Sit	4	:15-:20			
RDL	4	10		Superset 1	
RFE Squat	4	8 each		Superset 1	
SL RDL	4	6 each		Superset 2	
Donkey Kicks	4	8 each		Superset 2	



Lower Body

MUSCLE GROUP: LOWER BODY WEEK 4

DAY 1

DIFFICULTY: 🔥🔥🔥🔥

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Goblet Squat	4	10		Superset 1	
Reverse Lunge	4	10 each		Superset 1	
Glute Bridge	4	12			
Lateral Lunge	4	10 each		Superset 2	
Plie Squat	4	12		Superset 2	

DAY 2

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Wall Sit	4	:20-:30			
RDL	4	12		Superset 1	
RFE Squat	4	10 each		Superset 1	
SL RDL	4	8 each		Superset 2	
Donkey Kicks	4	10 each		Superset 2	

