

Leg Workout

"I may not be there yet, But i'm closer than I was yesterday"



Thank you for purchasing the Fitfully Chic Leg Workout. Enclosed you will find your workout schedule and exercise guide.

PROGRESSIVE SET: A progressive set is where you pyramid up in weight as you reduce your rep range and then reverse the pyramid to return to your starting weight and rep range. For example: You perform an exercise for 15 reps at 50 lbs., you will now add 2.5-5 lbs. and perform 12 reps, then repeat and add another 2.5-5 lbs. and perform 8 reps. After completing 8 reps at your highest weight you keep the weight the same and perform another 8 reps, then reduce the weight by 2.5-5 lbs. and perform 12 reps, and finally return to your starting weight and perform 15 reps.

SUPER SET: A super set is comprised of 2 exercises A & B performed back to back with no rest for a prescribed rep range. Then taking a 20 – 30 seconds rest before starting the next set. An example of how this technique is executed would be as follows: You choose your starting weight for both exercises and perform exercise A for 15 reps, then immediately perform exercise B for 15 reps. You now take a few seconds to add 2.5-5 lbs. to each exercise and perform 12 reps for exercises A & B and so forth until the prescribed set/rep range is met.

PROGRESSIVE SUPER SET: In a progressive super set you combine both of the above techniques. You perform 2 exercises A & B back to back for each like rep range as you pyramid up in weight 2.5-5 lbs. for each set and then reverse after your lowest rep range until you return to your starting weight.

SINGLE SET: A single set is comprised of one single exercise performed for a prescribed rep and set range. This is an example of how this type of set is executed. You have one single exercise, perform the movement for the prescribed amount of reps and then rest for 30 seconds before moving on to the next set. Repeat this cycle until you achieve the prescribed rep/set range.

Exercise Guide

BARBELL SQUAT: 1. This exercise is best performed inside a squat rack for safety purposes. To begin, first set the bar on a rack to just below shoulder level. Once the correct height is chosen and the bar is loaded, step under the bar and place the back of your shoulders (slightly below the neck) across it. 2. Hold on to the bar using both arms at each side and lift it off the rack by first pushing with your legs and at the same time straightening your torso. Step away from the rack and position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and also maintain a straight back. This will be your starting position. 4. Begin to slowly lower the bar by bending the knees and hips as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calves becomes slightly less than 90- degrees. Inhale as you perform this portion of the movement. Tip: If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. Keep your knees behind your toe to avoid placing undue stress on the knees. 5. Begin to raise the bar as you exhale by pushing the floor with the heel of your foot as you straighten the legs again and go back to the starting position. Tip: Place all the weight in your heels rather than the ball of your feet; this will help you drive the weight upwards. Pause for a second at top of movement and then repeat.

BARBELL DEADLIFT: 1. Begin with a barbell loaded on the floor. Adopt a wide stance, and then bend at the hips to grab the bar. Your hips should be as far back as possible, and your legs slightly bent at the knees. Keep your back straight, and your head and chest up. This will be your starting position.

2. Begin the movement by engaging the hips, driving them forward as you allow the arms to hang straight. Continue until you are standing straight up, and then slowly return the weight to the starting position. For successive reps, the weight need not touch the floor.

FRONT TO BACK LUNGE: Begin in a standing position. Your hands should be on your hips or hanging at your sides. Look directly forward, keeping your chest up, with your feet shoulder-width apart. This will be your starting position. 2. Initiate the movement by taking a step forward, allowing your hips and knees to flex to lower your body. Contacting the back leg through only the ball of the foot, descend until your knee nearly touches the ground. Use a slow and controlled motion, paying special attention to proper mechanics and posture. Push up through the heel and step your leg back tapping your toe in the starting position, and then stepping back into a rear lunge. 3. This movement is to be done completely on one side before switching, and repeating on the opposite side.

DUMBBELL CALF RAISE: 1. Stand with your torso upright holding two dumbbells in your hands by your sides, with feet flat on the floor. This will be your starting position. 2. With the toes pointing either straight (to hit all parts equally), inwards (for emphasis on the outer head) or outwards (for emphasis on the inner head), raise the heels off the floor as you exhale by contracting the calves. Hold the top contraction for a second. 3. As you inhale, go back to the starting position by slowly lowering the heels and then repeat.

LEG PRESS: 1. Using a leg press machine, sit down on the machine and place your legs on the platform directly in front of you at a medium (shoulder width) foot stance. 2. Lower the safety bars holding the weighted platform in place and press the platform all the way up until your legs are fully extended in front of you. Tip: Make sure that you do not lock your knees. Your torso and the legs should make a perfect 90-degree angle. This will be your starting position. 3. As you inhale, slowly lower the platform until your upper and lower legs make a 90-degree angle. 4. Pushing mainly with the heels of your feet and using the quadriceps go back to the starting position as you exhale. 5. Pushing mainly with the heels of your feet and using the quadriceps go back to the starting position as you exhale. 6. Repeat for the recommended amount of repetitions and ensure to lock the safety pins properly once you are done. You do not want that platform falling on you fully loaded.

KETTLEBELL SWING: 1. Stand with your feet placed outside your shoulders, either pointing straight ahead or turned slightly out, whichever is more comfortable to you. 2. Place kettlebell in front of the body in line with you toes. 3. Hinge forward at the hips, pushing your glutes out, activate your hamstrings and bring your torso parallel to the floor. 4. Stretch your arms down to grasp the kettlebell, slightly bending at the knees. 5. Hike the kettlebell between your legs allowing your forearms to contact your inner thighs. This is the starting position for the swing. 6. Thrust your arms up by pushing your hips forward, clenching our glutes allowing your arms to swing the kettlebell to chest height, while keeping your shoulders back. 7. Slowly lower the kettlebell back to the starting position and repeat.

KETTLEBELL SUMO SQUAT: 1. Place a kettlebell on the ground between your feet. Position your feet in a wide stance, and grasp the kettlebell with two hands. Set your hips back as far as possible, with your knees bent. Keep your chest and head up. This will be your starting position. 2. Begin to raise the kettlebell as you exhale by pushing into the floor with the heel of your foot as you straighten the legs and flex the glutes at the top of the movement, squeezing for a second before returning to the start position. Tip: Place all the weight in your heels rather than the ball of your feet; this will help you drive the weight upwards. 3. Repeat for prescribed amount of repetitions.

LEG EXTENSION: 1. For this exercise you will need to use a leg extension machine. First choose your weight and sit on the machine with your legs under the pad (feet pointed forward) and the hands holding the sidebars. This will be your starting position. Tip: You will need to adjust the pad so that it falls on top of your lower leg (just above your feet). Also, make sure that your legs form a 90-degree angle between the lower and upper leg. If the angle is less than 90-degrees then that means the knee is over the toes, which in turn creates undue stress at the knee joint. 2. Using your quadriceps, extend your legs to the maximum as you exhale. Ensure that the rest of the body remains stationary on the seat. Pause a second on the contracted position. 3. Slowly lower the weight back to the original position as you inhale, ensuring that you do not go past the 90-degree angle limit, and then repeat.

LEG CURL: 1. Adjust the machine lever to fit your height and sit on the machine with your back against the back support pad. 2. Place the back of lower leg on top of padded lever (just a few inches under the calves) and secure the lap pad against your thighs, just above the knees.

Then grasp the side handles on the machine as you point your toes straight and ensure that the legs are fully straight right in front of you. This will be your starting position. 3. As you exhale, pull the machine lever as far as possible to the back of your thighs by flexing at the knees. Keep your torso stationary at all times. Hold the contracted position for a second; lower and then repeat.

SINGLE LEG HIP THRUST: 1. Begin seated on the ground with a bench directly behind you. Have a loaded barbell over your legs. Using a fat bar or using a towel under the bar can greatly reduce the discomfort caused by this exercise. 2. Roll the bar so that it is directly above your hips, and lean back against the bench so that your shoulder blades are near the top of it. 3. Begin the movement by driving through your feet, extending your hips vertically through the bar. Your weight should be supported by your shoulder blades and your feet lift one leg off the ground supporting your weight on the opposite leg. Drive up pushing through your heel, while contracting your Glutes. Extend as far as possible, and then reverse the motion to return to the starting position. 4. Perform all prescribed repetitions then switch feet and repeat.

Are You Ready To Get Started?

REPS

EXERCISE

Progressive Set

15	Barbell Squat
12	Barbell Squat
10	Barbell Squat
10	Barbell Squat
12	Barbell Squat
15	Barbell Squat

Progressive Set

15	Barbell Deadlift
12	Barbell Deadlift
10	Barbell Deadlift
10	Barbell Deadlift
12	Barbell Deadlift
15	Barbell Deadlift

REPS

EXERCISE

Super Set

15 Front to Back Lunge
Dumbbell Calf Raise

15 Front to Back Lunge
Dumbbell Calf Raise

15 Front to Back Lunge
Dumbbell Calf Raise

15 Front to Back Lunge
Dumbbell Calf Raise

Progressive Set

15 Leg Press

12 Leg Press

10 Leg Press

8 Leg Press

REPS

EXERCISE

Super Set

15

KB Swing
KB Sump Squat

15

KB Swing
KB Sump Squat

15

KB Swing
KB Sump Squat

15

KB Swing
KB Sump Squat

Single Set

15

Leg Extension

15

Leg Extension

15

Leg Extension

15

Leg Extension

REPS

EXERCISE

Single Set

15	Leg Curl
15	Leg Curl
15	Leg Curl
15	Leg Curl

Progressive Super Set

20	Single Leg Hip Thrust, R Single Leg Hip Thrust, L
15	Single Leg Hip Thrust, R Single Leg Hip Thrust, L
10	Single Leg Hip Thrust, R Single Leg Hip Thrust, L
8	Single Leg Hip Thrust, R Single Leg Hip Thrust, L