

## **LOWER BODY: LEG PRESS 3 x VARIED PROTOCOLS + DEAD LIFT**

**Overview:** A lower body workout consisting of a leg press for 3 sets of varied overload protocols and a dead lift for 2 sets of high-repetitions. A hamstring and abdominal exercise complete the workout.

**Approximate time to complete:** 20:00 to 30:00

### **General workout guidelines:**

- > Complete the workout in the exercise order format listed below (note examples A & B). INSERT YOUR EXERCISE CHOICES ON THE WORKOUT RECORDING FORM.
- > Work to achieve muscular overload with a resistance that fits the exercise prescriptions (*Rx*) listed.
- > Record the training date ("DATE"), the resistances ("WT") used and the repetitions ("REPS") achieved for each workout performed.
- > Attempt to progress each workout in terms of doing more repetitions and/or using more resistance according the exercise prescription (*Rx*).
- > The "NOTES" section on workout form: space to record machine seat/back/handle/foot settings, the device used (e.g., barbell, dumbbell or machine) or other pertinent information that facilitates the proper performance of the exercise.
- > Always use proper exercise technique & be safety conscious. Use a spotter on certain exercises & stop when safe exercise technique cannot be maintained.

### **Workout specifics:**

- > DEAD STOP = All reps are done from a dead stop between reps (no momentum/bouncing): Press the resistance out, return to the starting point, pause and release the tension, then repeat. Work to achieve volitional muscular fatigue in this manner.
- > ZONE REPS = LOWER 1/2 = Press resistance out to the 1/2 point of the range of motion, pause, then return to the start. UPPER 1/2 = from the lock-out point of the exercise, lower the resistance to the 1/2 point, pause, then return to the lock-out position. Aim for volitional muscular fatigue in both the upper 1/2 and lower 1/2 with no more than :15 between halves.
- > ALTERNATE LEG = Repetitions are performed by alternating right leg only and left leg only until volitional muscular fatigue occurs for each leg.
- > Rest 2:00 between the dead stop, zone and alternate leg protocols.
- > Dead lift - use either a trap bar, barbell or dumbbells.
- > Complete the workout with a hamstring and abdominal exercise.

#### **Exercise order format:**

<b>LEG PRESS x DEAD STOP</b>
<b>LEG PRESS x ZONE REPS</b>
<b>LEG PRESS x ALTERNATE LEG</b>
<b>DEAD LIFT</b>
<b>HAMSTRINGS</b>
<b>ABDOMINALS</b>

#### **Example A:**

<b>LEG PRESS x DEAD STOP</b>
<b>LEG PRESS x ZONE REPS</b>
<b>LEG PRESS x ALTERNATE LEG</b>
<b>TRAP BAR DEAD LIFT</b>
<b>LEG CURL</b>
<b>WEIGHTED SIT UPS</b>

#### **Example B:**

<b>LEG PRESS x DEAD STOP</b>
<b>LEG PRESS x ZONE REPS</b>
<b>LEG PRESS x ALTERNATE LEG</b>
<b>DUMBBELL DEAD LIFT</b>
<b>GLUTE / HAMSTRING RAISE</b>
<b>WEIGHTED CRUNCHES</b>