

# SJF BIKINI BODY PROJECT

## Week 4: Friday

### LEGS, GLUTES & PLYO CIRCUIT

This is a tough session designed to annihilate your legs & butt. We are pushing for a real overload which causes muscle break down (followed by repair, which is how we build muscle!). You should kind of hate me by the end of this! But you'll thank me one day!

*More reps!! More burn!!!*

|   | EXERCISE   | WEIGHTS   | SETS | REPS                 | TEMPO   | NOTES   |
|---|--|---|------|----------------------|---------|---|
| <b>Perform 1x warm up set of 1A, 1B using 50% effort.</b> |  |   |      |                      |         |   |
| 1A  | Smith Machine Bottom Half Squat                  | W/U: bar only end (light warm up!)<br>W: 15-25lb each end | 3x W | <b>15</b>            | Smooth  | <ul style="list-style-type: none"><li>Stand in a Sumo Stance with feet slightly wider than your hips &amp; your toes turned out to 45 degrees &amp; keep the weight in the heel of your foot.</li><li>Come down into the bottom of the range as deep as you can whilst maintaining core alignment. Perform 5x small pulses at the bottom of the range, then come to the top.</li><li>Each set has 5 reps (with 5x small pulses).</li></ul>            |
| 1B  | Smith Machine Glute Focused Lunge                | W: 15-25lb each end                                       | 3x W | <b>15</b> (each leg) | 0-3-0-1 | <ul style="list-style-type: none"><li>Start with your supporting leg in line with your body but quite far forward from your body, your working leg (the one you take to the back) should have very little weight in it.</li><li>Most of the weight should be in your front heel. Keeping minimal weight in your back foot &amp; most of your weight in your front heel should make you feel all of the work in the glute of your front leg.</li></ul> |
| 2   | Perform 50 low walking lunges (bodyweight only). |   |      |                      |         |   |

# SJF BIKINI BODY PROJECT

## Week 4: Friday

### LEGS, GLUTES & PLYO CIRCUIT

|    | EXERCISE  | WEIGHTS    | SETS | REPS      | TEMPO   | NOTES  |
|----|---|------------|------|-----------|---------|--|
| 3  | Perform a <b>5 minute cardio</b> burst on either a bike, cross trainer or stair master. This cardio is designed to get your heart rate up. This should be on a perceived rate of exertion of around 6-7/10 [see program notes]. |            |      |           |         |  |
| 4A | Single Leg Leg Extension  | W: 20-30lb | 3x W | <b>15</b> | 0-1-0-3 | <ul style="list-style-type: none"><li>You are going to perform leg extensions one leg at a time. It is hardest if you perform 10 reps on one leg, then 10 reps on the other leg as opposed to alternating legs.</li></ul>  |
| 4B | Quad Focused Leg Press  | W: 60-70lb | 3x W | <b>15</b> | 0-1-0-3 | <ul style="list-style-type: none"><li>This press should be performed with your feet down very low on the platform (as low as possible so your heels are off the bottom!). Your weight is going to be in the ball of your foot as you perform this press so that all of the work is forced into your quads.</li><li>If you feel pain in your knees – go lighter &amp; focus on really contracting your quads.</li></ul> |
| 5  | Perform 50 low walking lunges (bodyweight only).  |            |      |           |         |  |
| 6  | Perform a <b>5 minute cardio</b> burst on either a bike, cross trainer or stair master. This cardio is designed to get your heart rate up. This should be on a perceived rate of exertion of around 6-7/10 [see program notes]. |            |      |           |         |  |

# SJF BIKINI BODY PROJECT

## Week 4: Friday

### LEGS, GLUTES & PLYO CIRCUIT

|    | EXERCISE               | WEIGHTS | SETS | REPS      | TEMPO     | NOTES  |
|----|------------------------|---------|------|-----------|-----------|--|
| 7A | Ball Wall Squat        | W: --   | 3x W | <b>20</b> | 0-3-0-1   | <ul style="list-style-type: none"><li>Place a large swiss ball down low on your back (behind your butt against the wall).</li><li>Lean on the ball &amp; take your feet quite far forward in a sumo stance (weight in heels) &amp; perform a deep squat (letting the ball move behind you).</li><li>Come up only <math>\frac{3}{4}</math> of the way. Weight must be in heels to ensure the glutes are doing the work.</li></ul> |
| 7B | Lunge Jumps (in place) | W: N/A  | 3x W | <b>10</b> | Explosive | <ul style="list-style-type: none"><li>You will set up in a lunge position with your right foot forward. Bend your knees down into the lunge, then jump straight up (as high as you can) &amp; land in the same lunge position. Perform 10x jumps in place with your right leg forward.</li><li>Swap legs so that your left leg is forward &amp; perform 10x lunge jumps in place. 10x R, 10x L is one set.</li></ul>             |