

SJF BIKINI BODY PROJECT

Week 4: Monday

PLYO LEGS & GLUTES

This session is designed to annihilate your legs. The workout itself is simple. *We add a band in some exercises & some additional reps. Focus on MIND-MUSCLE connection to really get the best out of this one!*

	EXERCISE	WEIGHTS	SETS	REPS	TEMPO	NOTES
1	Air Squats	W/U: Body weight	1	20	Smooth	<ul style="list-style-type: none">• Light air squats (body weight squats) – fast – to warm up.
2A	Plyometric Straddle Jumps (using a Box)	W: Body weight	4x	20	Explosive	<ul style="list-style-type: none">• Grab a box that is no higher than knee height. A 'Les Mills' (or similar) step box is perfect.• Have the box longways so that you can start standing on top with your feet together, jump your feet out (onto the ground) into a squat, then jump back up onto the box (bringing your feet back together).• Make sure you bend your knees each time you land & squat your butt back between each rep. Push explosively through the floor.

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2B	Alternating Lateral Lunges (With Booty Band)	W: 1 large plate or Kettlebell (10kg/20lb)	4x	20 (10 each leg)	Explosive	<ul style="list-style-type: none">• Start with your feet together. Hold your weight as your chest. If you need to you can drop the weight & just use body weight.• Step your right foot out straight to the side into a low lateral (sideways) lunge. Your right knee will be bent, your left leg will be straight. Push back off your right foot to bring your feet back together.• Swap sides – stepping your left leg out this time-into the lunge.• Alternate from side to side counting 10 leading with each leg (20 in total).• Add Booty Band: You will add a short-loop booty band to the exercise by stepping through it & placing it above your knees. If you don't have a booty band your could do these holding a weight to increase the difficulty/intensity.
3A	Curtsy Lunge & Squat Combo	W: Body weight	4x	15 each leg	Smooth	<ul style="list-style-type: none">• Start in a Sumo Stance. Step on leg back behind you into a curtsy lunge, then out to the side to a sumo squat. Change sides.• The focus should be on the glute of the front leg (not the leg stepping back). Watch my weight placement!
3B	High Knee Run	W: Body weight	4x	20 (10 each leg)	Explosive	<ul style="list-style-type: none">• Legit, high knee run... You can thank me later. Pick your knees up!!!

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4A	Banded Crab Walks	W: Body weight	4x	20 (10 each direction)	Smooth	<ul style="list-style-type: none"> Stay LOW and LOADED as you take steps to the side as wide as possible!!! Try to do 10 one way staying low the ENTIRE time. With Band: You will add a short-loop booty band to the exercise by stepping through it & placing it above your knees. If you don't have a booty band your could do these holding a weight to increase the difficulty/intensity.
4B	Banded Lunges	W: Body weight	4x	20 (10 each side)	Smooth	<ul style="list-style-type: none"> Keep a little arch in your back & stick yor booty out as you perform these. You want to be lunging WIDE like you're starting your lunge from a wide squat and performing the whole set of lunges in that wide stance pushing your knees out into the band. Do them walking – 10 one direction, 10 back. With Band: You will add a short-loop booty band to the exercise by stepping through it & placing it above your knees. If you don't have a booty band your could do these holding a weight to increase the difficulty/intensity.
5	<p>Perform a 7 minute cardio burst – either :</p> <ol style="list-style-type: none"> 1) Heavy resistance on the Bike. The resistance should be hard enough that it is hard to pedal. OR 2) Lunges on the Treadmill on Maximum Resistance (uphill). You want the speed as fast as you can manage (which won't be very fast! & you may need to reduce the speed to survive the 10 minutes) <ul style="list-style-type: none"> This cardio should be on a percieved rate of excurtion of around 6-7/10 [see program notes]. 					