

Fill out date, number of repetitions, and amount of weight or time by downloading the PDF, or by using the markup tool in your photo app. Follow workout in consecutive order using descriptions for proper technique and progression. Click on exercise for description and video provided by [ACE fitness library](#).



Date:

Workout Type:	Lower Body
Skill Level:	Advanced
Duration:	45 minutes

8-10 Repetitions for Bulk Muscle* 12-15 Repetitions for Lean Muscle*

Warm-Up: Walk on treadmill for 5 minutes; Incline 1.0; Speed 3.2; Desired heart rate 120-140. Dynamic Stretching of hips, hamstrings, and quadriceps.

Circuit 1: Complete exercises back-to-back. Take rest between sets of exercise.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Back Squat	Barbell	S1:	S1:	Place riser under the balls of the feet	Slow movement back to top of squat
		S2:	S2:		
		S3:	S3:		
2. Bulgarian Split Squat	Bench, Dumbbells/ Kettlebells	S1:	S1:	Start with no additional weight	Slow movement back to top of squat
		S2:	S2:		
		S3:	S3:		

Circuit 2: Complete exercises back-to-back. Take rest between sets of exercise.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Pistol Squat Right Leg	BOSU trainer	S1:	S1:	Start on solid ground	Hold a weight on standing leg side
		S2:	S2:		
		S3:	S3:		
1. Pistol Squat Left Leg	BOSU trainer	S1:	S1:	Start on solid ground	Hold a weight on standing leg side
		S2:	S2:		
		S3:	S3:		

Circuit 3: Complete exercises back-to-back. Take rest between sets of exercise.

Exercise	Equipment	Time	Modification	Step-It Up
1. BOSU Lateral Jumps	BOSU Trainer	S1:	Use your arms to drive the jump	Add more than one BOSU trainer in a row
		S2:		
2. Agility Ladder: Lateral Shuffle	Ladder	S1:	Use tape on the floor if afraid of tripping	Take your gaze outward away from feet
		S2:		

Circuit 4: Complete exercises back-to-back. Take rest between sets of exercise.

Exercise	Equipment	Time	Modification	Step-It Up
1. Mountain Climbers	Body Weight	S1:	Place hands on a step or platform	Keep weight focused over both legs
		S2:		
2. Single Leg Hamstring Curl Left	Stability Ball	S1:	Press down with both arms into the mat	Add a glute bridge at top of movement
		S2:		
3. Single Leg Hamstring Curl Right	Stability Ball	S1:	Press down with both arms into the mat	Add a glute bridge at top of movement
		S2:		

For More Information: Visit Campus Recreation's website to schedule a [free wellness consultation](#) or email rec@pitt.edu. If you print out the workout, or if the links are broken, visit acefitness.org and click on exercise database & library to search for the description and video of the exercises.

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Cool Down:

Walk on treadmill for 2-5 minutes; incline 1.0; speed 3.2. Static stretching focusing on hamstrings, glutes, and quadriceps muscles. Hold each stretch for at least 20 seconds.

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