

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:	Beginner
Duration:	45 minutes

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

Warm-Up:

Walk on treadmill for 5-10 mins (speed 3.2; incline 1.0; desired heart rate range 120-140bpm)

Circuit 1: Use the first set to familiarize yourself with the motion. Use the second set to find a point of muscle fatigue before taking a break.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Bodyweight Squat	Bodyweight or dumbbell	S1:	S1:	Rest arms on wall for stability	Add a light dumbbell
		S2:	S2:		
2. Forward Lunge	Bodyweight or dumbbell	S1:	S1:	Rest arms on wall for stability	Take knee to floor while stepping out
		S2:	S2:		
3. Donkey Kicks	Bodyweight	S1:	S1:	Go down to forearms	Isolation hold at the top at end of set for 30 secs
		S2:	S2:		

Circuit 2: Complete exercises in order for two sets each.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Single Leg Push-Off	Box or Step	S1:	S1:	No jump in between	Use a higher step
		S2:	S2:		
2. Reverse Lunge	Bodyweight or dumbbell	S1:	S1:	Rest arms on wall for stability	Isolation hold at end of each set
		S2:	S2:		
3. Glute Bridge	Bodyweight or Body Bar	S1:	S1:	Hold at top for 30 seconds instead	Single leg bridge
		S2:	S2:		

Circuit 3: Complete exercises in order for two sets each.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Jump Squat	Bodyweight	S1:	S1:	Come to calf raise instead of jump	Jump for height
		S2:	S2:		
2. Step-Ups	Box or Step	S1:	S1:	Lower step or box	Add dumbbells for weight
		S2:	S2:		
3. Calf Raise	Bodyweight or dumbbell	S1:	S1:	Rest arms on wall for stability	Staggered stance emphasizing one leg
		S2:	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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Circuit 4: Complete exercises in order for two sets each.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Seated Leg Extension	Weight Machine	S1:	S1:	Lighter weight	Unilateral - Single leg at a time
		S2:	S2:		
2. Hamstring Curl	Ball or Weight Machine	S1:	S1:	Lighter weight	Unilateral - Single leg at a time
		S2:	S2:		
1. Seated Leg Press	Weight Machine	S1:	S1:	Lighter weight	Unilateral - Single leg at a time
		S2:	S2:		

Cool Down:	Walk on treadmill for 2-5 mins (Speed 3.2; Incline 1.0) Seated stretch with emphasis on hamstrings, quadriceps, and calf muscles. Hold each stretch for at least 20 seconds.
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