

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

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Front Squat	Dumbbells	S1:	S1:	Start motion without dumbbells	Come to balls of feet at top of squat
		S2:	S2:		
		S3:	S3:		
2. Goblet Squat	Dumbbells	S1:	S1:	Take a slightly wider stance	Touch weight to the floor at bottom 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. Forward Lunge	Barbell or Dumbbells	S1:	S1:	Place dumbbells on the shoulders	Back knee tapping the floor as you step out
		S2:	S2:		
		S3:	S3:		
2. Lateral Lunge	Dumbbells	S1:	S1:	Keep weights lifted	Explode back to starting position
		S2:	S2:		
		S3:	S3:		

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

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Glute Bridge	Bench & Dumbbells	S1:	S1:	Allow more of the back to make contact to bench	Step heels in closer to the bench
		S2:	S2:		
		S3:	S3:		
2. Deadlift	Barbell or Dumbbells	S1:	S1:	Lighter weight	Slow down motion as hips become stacked
		S2:	S2:		
		S3:	S3:		

Burnout: Complete exercise 1 before moving on to exercise 2. Take 15 second break between sets. Go to failure.

Exercise	Equipment	Time	Modification	Step-It Up
1. Box Jumps	Raised Platform or box	S1:	Shorter platform/step off	Higher platform
		S2:		
2. Split Jump	Body weight	S1:	Begin with split squat movement	Multiple jumps in a row
		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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