

LOWER BODY 25: 3 x MULTI-JOINT BREAKDOWNS

Overview: A lower body workout where 3 multi-joint exercises are performed in breakdown overload protocol: 3 consecutive sets to volitional muscular fatigue using reduced resistances on the 2nd and 3rd sets. A hamstring and abdominal exercise complete the workout.

Approximate time to complete: 15:00 to 25:00

General workout guidelines:

- > Complete the workout in the exercise order format listed below (note examples A & B). INSERT YOUR EXERCISE CHOICES ON THE WORKOUT RECORDING FORM.
- > Work to achieve muscular overload with a resistance that fits the exercise prescriptions (*Rx*) listed.
- > Record the training date ("DATE"), the resistances ("WT") used and the repetitions ("REPS") achieved for each workout performed.
- > Attempt to progress each workout in terms of doing more repetitions and/or using more resistance according the exercise prescription (*Rx*).
- > The "NOTES" section on workout form: space to record machine seat/back/handle/foot settings, the device used (e.g., barbell, dumbbell or machine) or other pertinent information that facilitates the proper performance of the exercise.
- > Always use proper exercise technique & be safety conscious. Use a spotter on certain exercises & stop when safe exercise technique cannot be maintained.

Workout specifics:

- > Choose three different multi-joint exercises for the breakdown sets.
- > Use a resistance that allows for volitional muscular fatigue within the 1st rep range set (e.g., 12-16, 10-14 and 8-12).
- > Immediately reduce the resistance 25% (50-250 lbs., depending on the initial resistance) -- rest no more than :10-:15 -- then perform a 2nd set to volitional muscular fatigue ("MAX REPS"). Reduce the resistance another 15-25% (20-150 lbs.) -- rest no more than :10-:15 -- then perform a 3rd set to volitional muscular fatigue (MAX REPS).
- > Rest 3:00 between each multi-joint exercise breakdown event.
- > It is recommended to have a training partner make the resistance reductions so the trainee can stay focused.
- > Use any hamstring and abdominal exercise to complete the workout..

Exercise order format:

MULTI-JOINT x 3 consecutive sets
MULTI-JOINT x 3 consecutive sets
MULTI-JOINT x 3 consecutive sets
HAMSTRINGS
ABDOMINALS

Example A:

LEG PRESS x 3 consecutive sets
MACHINE SQUAT x 3 consecutive sets
DUMBBELL SQUAT x 3 consecutive sets
LEG CURL
WEIGHTED SIT UPS

Example B:

MACHINE SQUAT x 3 consecutive sets
TRAP BAR DEAD LIFT x 3 consecutive sets
DUMBBELL LUNGES x 3 consecutive sets
GLUTE / HAMSTRING RAISE
ABDOMINAL MACHINE