

POWER PATHWAY :: WEEKS 1-4

LOWER BODY

#1

EQUIPMENT NEEDED:

Barbell + Weight Plates + Bench/Box +
Pull-up Bar + Stability Ball



A Skater Bounds 4x8 (each leg)
A skater hop with some serious distance; land softly

B1 Hanging Knee Raises 3x12
Keep lats & core engaged to avoid swinging as you lift

B2 Stir the Pot 3x8 (each direction)
Stay in control; small movements at first

+

BASE WORKOUT

ORDER	EXERCISE	SETS X REPS + NOTES
A	Box Squats	5x5 Back straight; sit lightly on box; maintain proper form
B	Deadlifts	2x8 Back straight; hinge through hips; keep lats engaged

MODIFICATIONS FOR POWER:

- C) Box Squats 5 x 4
- D) Deadlifts 8 x 2