

STRENGTH PATHWAY :: WEEKS 1-4

# LOWER BODY

# #1

## EQUIPMENT NEEDED:

Barbell + Weight Plates + Bench/Box +  
Pull-up Bar + Stability Ball + 1 set of  
dumbbells (MED to HEAVY)



### BASE WORKOUT

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

#### MODIFICATIONS FOR STRENGTH:

- Box Squats 5 x 4
- Deadlifts 8 x 2

+

<b>C</b>	Wide Walking Lunges	4x8 (each leg) Step out at 15° angle, push through heel to stand
<b>D1</b>	Hanging Knee Raises	3x12 Keep lats & core engaged to avoid swinging as you lift
<b>D2</b>	Stir the Pot	3x8 (each direction) Stay in control, small movements at first