

**4 Week**

# LOW BODY

**Transform your lower body building strength, definition, and power!**

# Your Journey to a Stronger Lower Body

Congratulations on taking the first step towards achieving your lower body goals

Remember that consistency, proper form, and progressive overload are the cornerstones of this program.

This 4-week program provides a solid foundation. After completing it, you can:

- Repeat the program, focusing on increasing the weight or reps.
- Incorporate more advanced exercises or training techniques.
- Adjust the program to address any specific weaknesses or goals.
- Transition to a new program that focuses on a different training split or muscle groups.

Your fitness journey is a marathon, not a sprint. Stay committed, be patient, and celebrate your progress along the way. If you have any questions or need further guidance, don't hesitate to reach out to us. Here's to your success!

[www.BluPrintToHealth.com](http://www.BluPrintToHealth.com)



# About This

# Program

This program is designed to help intermediate lifters like you build a stronger and more defined lower body. Over the next four weeks, you'll be guided through a structured workout routine that incorporates a variety of effective exercises.

This program is crafted to maximize your time in the gym, with each session lasting approximately 45 minutes. We'll focus on progressive overload, ensuring you're consistently challenged to stimulate muscle growth. Get ready to build stronger quads, hamstrings, glutes, and calves!

**Program Goal:**

Build strength, definition, and power

**Skill Level:**

Intermediate

**Days per Week:**

3 days

**Workout Duration:**

30-45 minutes

# Let's Train Smart and Stay *safe*

We're thrilled to have you join us in building a powerful lower body! We've put a ton of thought and care into making this program effective and enjoyable. But before you get started, it's really important to talk about safety. So, please take a quick moment to read this disclaimer.

## **Your Health is the Priority!**

The Ground Force program is designed for people who already have some experience with lifting weights and are generally healthy. If you're new to strength training or have any health concerns, it's super important to get clearance from your doctor before starting. We're fitness experts, not medical professionals, and your well-being is what matters most.

## **Listen to Your Body – It Knows Best!**

We'll guide you on exercise form, but it's on you to make sure you're doing the exercises correctly. If you're not sure about your form, check out videos or consider working with one of our certified trainers. Good form is key to preventing injuries.

## **Progress Takes Time – Be Patient and Consistent!**

Remember, building strength is a journey, not a race. It's great to challenge yourself, but never push through pain. We cannot be held responsible for any injuries you may experience while participating in the Ground Force program.

## **Our Responsibility and Yours**

BluPrint to Health provides the program and guidance, but your success depends on your dedication and how well you take care of yourself. This includes warming up, cooling down, getting enough rest, and eating a balanced diet.

## **A Friendly Reminder**

By using the Ground Force program, you acknowledge that you understand and agree to these points. We're here to support you on your fitness journey, but you are ultimately responsible for your health and safety.

Now, let's build that lower body strength!

Your Friends at BluPrint to Health



# Maximizing your Results

Before diving into the program, let's cover some crucial elements that will significantly impact your progress and safety

## Warm-up and Cool-down

Warm-up (5-7 minutes): Begin each session with light cardio, such as walking or cycling, followed by dynamic stretches like leg swings, torso twists, and hip circles. This will help increase blood flow and joint mobility, reducing the risk of injury.

Cool-down (5-7 minutes): Finish each session with static stretches, holding each stretch for 20-30 seconds. Focus on stretching the quads, hamstrings, glutes, and calves to improve flexibility and aid in recovery.

## Proper Form

Maintaining correct form during each exercise is paramount. It ensures you're targeting the intended muscles and minimizes the risk of injury. If you're unsure about the proper form, consider watching videos or consulting with a trainer.

## Progressive Overload

To stimulate muscle growth, you must progressively challenge your muscles. This can be achieved by

- Increasing the weight you lift.

- Increasing the number of repetitions.

- Increasing the number of sets.

- Reducing rest time between sets (Use this method cautiously, and only if you can maintain form).

Listen to your body and gradually increase the load as you get stronger.

## Rest and Recovery

Allow 30-60 seconds of rest between sets.

Ensure you're getting enough sleep (7-9 hours per night) to allow your muscles to recover and grow.

## Nutrition

Support your training with a balanced diet that provides sufficient protein for muscle repair and growth.

## Listen to Your Body

Pay attention to any pain or discomfort. Don't push through pain. If something doesn't feel right, stop the exercise and address the issue.

# Lower Body Program

## Goal

Build strength, definition, and power

## Frequency

3 days per week

## Warm Up

Dynamic stretching\* or light cardio

## Split

Day 1	Day 2	Day 3
Quads	Hamstring and Glutes	Full

## Cool Down

Static Stretching\* and/or Mobility\*

## Week 1

Focus on mastering the correct form and getting a feel for the weights.

## Week 2

Try to slightly increase the weight if you comfortably completed all sets and reps in Week 1.

If not, maintain the weight and focus on good form.

## Week 3

Continue to increase the weight if possible, or try to add a rep or two to each set.

## Week 4

Continue with the same weight and reps, or if you're feeling strong, attempt another slight increase.

This week can also be a deload week by using slightly lighter weights and focusing on perfect form.

# Lower Body

## Quads Day

### Warm Up

Dynamic stretching\* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3
Barbell Back Squats	8-12			
Dumbbell Lunges	10-15/leg			
Leg Press	10-15			
Leg Extensions	12-15			
Barbell Step Ups	10-15/leg			
Seated Calf Raises	15-20			

### Cool Down

Static Stretching\* and/or Mobility\*



# Lower Body

## Hamstring and Glutes Day

### Warm Up

Dynamic stretching\* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3
Romanian Deadlifts (RDLs)	8-12			
Glute Bridges	15-20			
Hamstring Curls (Machine)	12-15			
Step-Ups	10-15/leg			
Good Mornings	10-12			
Cable Pull Throughs	15-20			

### Cool Down

Static Stretching\* and/or Mobility\*

# Lower Body

## Full Day

### Warm Up

Dynamic stretching\* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3
Front Squats	8-12			
Walking Lunges	10-15/leg			
Calf Raises	15-20			
Goblet Squats	10-15			
Bulgarian Split Squats	10-15/leg			
Jump Squats	10-12			

### Cool Down

Static Stretching\* and/or Mobility\*

# Lower Body

## Week 1

Exercise	Reps	Set 1	Set 2	Set 3
<b>Push Day</b>				
Barbell Back Squats	8-12			
Dumbbell Lunges	10-15/leg			
Leg Press	10-15			
Leg Extensions	12-15			
Barbell Step Ups	10-15/leg			
Seated Calf Raises	15-20			
<b>Pull Day</b>				
Romanian Deadlifts (RDLs)	8-12			
Glute Bridges	15-20			
Hamstring Curls (Machine)	12-15			
Step-Ups	10-15/leg			
Good Mornings	10-12			
Cable Pull Throughs	15-20			
<b>Full Day</b>				
Front Squats	8-12			
Walking Lunges	10-15/leg			
Calf Raises	15-20			
Goblet Squats	10-15			
Bulgarian Split Squats	10-15/leg			
Jump Squats	10-12			



# Lower Body

## Week 2

Exercise	Reps	Set 1	Set 2	Set 3
<b>Push Day</b>				
Barbell Back Squats	8-12			
Dumbbell Lunges	10-15/leg			
Leg Press	10-15			
Leg Extensions	12-15			
Barbell Step Ups	10-15/leg			
Seated Calf Raises	15-20			
<b>Pull Day</b>				
Romanian Deadlifts (RDLs)	8-12			
Glute Bridges	15-20			
Hamstring Curls (Machine)	12-15			
Step-Ups	10-15/leg			
Good Mornings	10-12			
Cable Pull Throughs	15-20			
<b>Full Day</b>				
Front Squats	8-12			
Walking Lunges	10-15/leg			
Calf Raises	15-20			
Goblet Squats	10-15			
Bulgarian Split Squats	10-15/leg			
Jump Squats	10-12			

# Lower Body

## Week 3

Exercise	Reps	Set 1	Set 2	Set 3
<b>Push Day</b>				
Barbell Back Squats	8-12			
Dumbbell Lunges	10-15/leg			
Leg Press	10-15			
Leg Extensions	12-15			
Barbell Step Ups	10-15/leg			
Seated Calf Raises	15-20			
<b>Pull Day</b>				
Romanian Deadlifts (RDLs)	8-12			
Glute Bridges	15-20			
Hamstring Curls (Machine)	12-15			
Step-Ups	10-15/leg			
Good Mornings	10-12			
Cable Pull Throughs	15-20			
<b>Full Day</b>				
Front Squats	8-12			
Walking Lunges	10-15/leg			
Calf Raises	15-20			
Goblet Squats	10-15			
Bulgarian Split Squats	10-15/leg			
Jump Squats	10-12			

# Lower Body

## Week 4

Exercise	Reps	Set 1	Set 2	Set 3
<b>Push Day</b>				
Barbell Back Squats	8-12			
Dumbbell Lunges	10-15/leg			
Leg Press	10-15			
Leg Extensions	12-15			
Barbell Step Ups	10-15/leg			
Seated Calf Raises	15-20			
<b>Pull Day</b>				
Romanian Deadlifts (RDLs)	8-12			
Glute Bridges	15-20			
Hamstring Curls (Machine)	12-15			
Step-Ups	10-15/leg			
Good Mornings	10-12			
Cable Pull Throughs	15-20			
<b>Full Day</b>				
Front Squats	8-12			
Walking Lunges	10-15/leg			
Calf Raises	15-20			
Goblet Squats	10-15			
Bulgarian Split Squats	10-15/leg			
Jump Squats	10-12			



# Dynamic Stretching

5-10 Minutes

Enhance recovery, reduce muscle soreness, improve flexibility, and promote relaxation following a full-body strength training workout.

## Important Guidelines

- Perform each stretch slowly and smoothly.
- Hold each stretch for 30 seconds.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Stretch to the point of mild tension, not pain.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Arm Circles	Stand with feet shoulder-width apart and arms extended to the sides. Perform small, controlled circles forward for 30 seconds, then backward for 30 seconds. Gradually increase the size of the circles.
Leg Swings	Stand on your left leg and swing your right leg forward and backward in a controlled motion for 30 seconds. Repeat on the left leg for 30 seconds.
Torso Twists	Stand with feet shoulder-width apart and hands on your hips. Twist your torso from side to side in a controlled motion for 30 seconds. Keep your hips relatively still.
Walking Lunges with Twist	Perform a lunge, and as you lunge, twist your torso towards the front leg. Alternate legs and twists for 1 minute.
High Knees	Stand in place and lift each knee towards your chest, alternating legs. Perform for 30 seconds.
Butt Kicks	Stand in place and kick your heels towards your glutes, alternating legs. Perform for 30 seconds.

# Static Stretching

Prepare the body for full-body strength training, enhance flexibility, improve range of motion, and reduce the risk of injury.

## Important Guidelines

- Perform each stretch slowly and smoothly.
- Hold each stretch for 30 seconds.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Stretch to the point of mild tension, not pain.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Neck Stretch	Tilt your head to the right, bringing your right ear towards your right shoulder. Gently apply pressure with your right hand. Repeat on the left side. Interlace your fingers behind your head and gently pull your chin towards your chest.
Shoulder Stretch	Bring your right arm across your body and hold it with your left hand, near your elbow. Repeat with the left arm. Reach your right arm straight up, bend your elbow, and reach your right hand towards your Lower back. Use your left hand to gently pull your right elbow towards your left side. Repeat with the left arm.
Chest Stretch	Interlace your fingers behind your back and extend your arms, lifting them away from your body.
Triceps Stretch	Extend your right arm overhead and bend it at the elbow, reaching your right hand towards your Lower back. Use your left hand to gently pull your right elbow towards your left side. Repeat with the left arm.
Biceps Stretch	Extend your right arm straight out, palm facing up. Gently pull your fingers back towards your body with your left hand. Repeat with the left arm.

# Static Stretching

10-15 Minutes

Continued

Exercise Name	Description
Wrist Flexor Stretch	Extend your right arm straight out, palm facing down. Gently pull your fingers down towards the floor with your left hand. Repeat with the left arm.
Wrist Extensor Stretch	Extend your right arm straight out, palm facing down. Gently pull your fingers up towards the ceiling with your left hand. Repeat with the left arm.
Torso Stretch	Stand with your feet shoulder-width apart. Raise your right arm overhead and lean to your left, keeping your hips straight. Repeat on the other side.
Hip Flexor Stretch (Couch Stretch)	Place your left shin against a wall and lunge forward with your right leg, ensuring your right knee is aligned over your right ankle.
Glute Stretch (Piriformis Stretch)	Sit on the floor with both legs extended. Bend your right leg and place your right foot on the outside of your left knee. Place your left elbow on your right knee and twist your torso to the right. Repeat on the other side.
Hamstring Stretch	Sit on the floor with your right leg extended and your left leg bent, with the sole of your left foot against your right inner thigh. Reach towards your right toes. Repeat with the left leg extended.
Quadriceps Stretch	Stand and hold your right ankle, pulling your right heel towards your right glute. Keep your thighs aligned and your core engaged. Repeat with the left leg.
Calf Stretch	Place your hands on a wall, step your right foot back, and press your right heel into the ground, keeping your right leg straight. Repeat with the left leg.



# Mobility

5-10 Minutes

Enhance recovery, reduce muscle soreness, improve flexibility, and promote relaxation following a full-body strength training workout.

## Important Guidelines

- Perform each stretch slowly and smoothly.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Move through a comfortable range of motion.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Cat-Cow Stretch	Start on your hands and knees. Alternate between arching your back (cow pose) and rounding your back (cat pose). Perform for 1 minute.
Hip Circles	Stand with your feet shoulder-width apart. Rotate your hips in a circular motion, both clockwise and counterclockwise, for 1 minute.
Shoulder Rolls	Stand or sit tall. Roll your shoulders forward for 30 seconds, then backward for 30 seconds.
90/90 Stretch	Sit on the floor with both legs bent at 90-degree angles. Rotate your torso from side to side for 1 minute.
Thread the Needle	Start on your hands and knees. Thread one arm under the other and rotate your torso. Hold for 30 seconds per side.
Couch Stretch	Place your left shin against a wall and lunge forward with your right leg, ensuring your right knee is aligned over your right ankle. Hold for 30 seconds per side.



# About Us

BluPrint to Health is dedicated to helping individuals over 30 reclaim their energy, strength, and confidence through personalized fitness and coaching. We understand the unique challenges and opportunities that come with this stage of life, and we're passionate about empowering our clients to achieve sustainable healthy habits and long-term results.

Our approach combines expert guidance with the flexibility of online coaching. We provide:

- Personalized Program Design: Tailored workout plans to meet your specific needs and goals.
- One-to-One Support: Direct access to your coach for guidance, motivation, and accountability.
- Weekly Check-ins: To track your progress, adjust your program as needed, and ensure you stay on track.
- Transformation Roadmap: A clear plan to help you achieve your fitness goals.

We believe that fitness is not just about physical transformation, but also about improving your overall well-being and quality of life. We're here to support you every step of the way on your journey to a healthier, stronger, and more confident you.

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