



@j.f.athlete

J.F. ATHLETE

LOWER BODY & CORE WORKOUT (intermediate)

	EXERCISE	VIDEO	SETS x REPS	LOAD	TEMPO	REST [sec]
WARM UP	AIRBIKE		3-4 MIN	200-250 W		
	MOBILITY & ACTIVATION	▶	10-15 MIN			
SUPER SET 1 + 2			4 x			
1	ZERCHER SQUAT ELEVATED HEELS	▶	1 x 10 REPS 1 x 8 REPS 1 x 6 REPS 1 x 4 REPS	Recommended 1 x 30-40 KG 1 x 35-45 KG 1 x 40-50 KG 1 x 45-55 KG	3-0-1-0	120-150
2	SWISS BALL HIP RAISES	▶	4 x 8 REPS	-	2-0-1-1	
SUPER SET 3 + 4			4 x			
3	DB BULGARIAN SPLIT SQUATS	▶	8 REPS per side	Recommended 4 x 8-12 KG dumbbells	2-0-1-0	90-120
4	COPENHAGEN ADDUCTION BENT LEG	▶	10 REPS per side	-	1-1-1-1	
SUPER SET 5 + 6			3 x			
5	HYPEREXTENSIONS	▶	12 REPS	-	2-0-1-1	90-120
6	LEG EXTENSIONS MACHINE	▶	12 REPS	Recommended 3 x 23-27 KG	1-0-1-1	
SUPER SET 7 + 8			3 x			
7	TRX ALTERNATING KNEES TO ELBOWS	▶	10 REPS	-	-	60-90
8	HOLLOW BODY HOLD	▶	30 SEC	-	-	
COOL DOWN	STRETCHING		10 MIN			

SUPER SET - dwa ćwiczenia bez odpoczynku między nimi, odpoczynek następuje po drugim ćwiczeniu

SUPER SET - two exercises without rest between them, rest after second exercise

TEMPO 4-1-X-0 SQUAT EXAMPLE
4 SEC - ECCENTRIC PHASE (negative)
1 SEC - PAUSE
X - CONCENTRIC PHASE (X mean as fast as you can)
0 SEC - SECOND PAUSE

TEMPO 4-1-X-0 PRZYKŁAD NA PRZYSIADZIE
4 SEK - FAZA EKSCENTRYCZNA (negatywna)
1 SEK - PAUZA
X - FAZA KONCENTRYCZNA (X znaczy najszybciej jak potrafisz)
0 SEK - DRUGA PAUZA

