

Men's Lower Body Power



This program is designed to increase strength and power in the lower body. Begin with 10-12 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 12 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

Workout Option #1

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	35	Jumping Squat			
	31	Calf Raise			
	35	Single Leg Jumping Squat			
	31	Single Leg Calf Raise			
	39	Sprinter Start			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	38	Standing Lunge			
	27	Squat			
	34	Side Squat			
	35	Jumping Squat			
	35	Single Leg Jumping Squat			
	26	Lying Leg Curl			

*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

©2010 Total Gym Fitness LLC. For more information or product upgrades visit us online at www.TotalGymDirect.com. For additional workouts and product accessories visit us online at www.TotalGymCatalog.com. All workout cards can be found in the *Total Gym Training Deck* at www.TotalGymCatalog.com.