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 #I

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			

V	Vorkout				
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 your begin your program, take breaks and drink water as needed.

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