

Lower 2

Grouped workout plan

Group	Exercise	Sets	Weight / Reps (log here)
TS 1	Adductor	2	
	Abductor	2	
	Standing Calf Raise	2	
TS 2	Hip Thrust	2	
	Seated Calf Raise	2	
	Walking Lunge	2	
TS 3	Leg Curl	2	
	Bulgarian Split Squat	2	
	45° Back Extension	2	

TS = Triset

SS (superset) — alternate between the two exercises with minimal rest in between. **TS** (triset) — cycle through all three before resting.

Sets are listed; use the blank column to log your weight and reps as you go.

New to some of these movements, or coming back after time off? Consider a session with a trainer to check your form before loading up the weight, and check with a doctor before starting any new exercise program if you have a medical condition.