

LOWER BODY FOCUS

Strength & Mobility Protocol

Date: _____

EXERCISE	SETS	REPS	REST	TARGET
Goblet Squats	3	10-12	60s	Quads/Glutes
Romanian Deadlifts	3	8-10	90s	Hamstrings
Bulgarian Split Squats	3	10ea	60s	Unilateral
Glute Bridges	4	15	45s	Glute Isolation
Calf Raises	3	20	30s	Calves
Lateral Lunges	2	12ea	60s	Adductors

SESSION NOTES