

High Intensity TRAINING Lower Body Workout Name _____

Objective: The students will be able to perform a H.I.T. training workout routine using prior training techniques and skills in order to reinforce lifelong fitness and muscular development practices.

1. Training Exercises: Eight to twelve strength exercises that address all of the major muscle groups.
2. Training Frequency: Two to three nonconsecutive training sessions per week.
3. Training Sets: One or more sets of each exercise.
4. Training Resistance: Approximately 70 to 85 percent of maximum resistance.
5. Training Repetitions: Approximately eight to twelve controlled repetitions.
6. Training Progression: Approximately 5 percent increase resistance whenever 12 controlled repetitions are completed.
7. Training Speed: Slow to moderate movement speed--for example, two seconds lifting and four seconds lowering.
8. Training Range: Whenever possible, full range of joint movement

Circle ONE Mass or Definition 70-85% 45%-65%	Date:	Date:	Date:	Date:
Squat 1RM _____	___ X ___ Sets Reps Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Leg Extension 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Leg Curl 10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Leg Press 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Dead Lift 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Frontal Squats 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Box Jumps 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
_____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Instructor signature				

For Additional Information go to: www.AustinPhysicalEducation.com