

the lower body blitz

barbell workout

For the first part of this routine, you'll work up to a weight you can only do 6 back squats with, and the reps will decrease as that weight gets heavier. I've written the squat weight indications as % of your 1-rep max, which is the absolute maximum amount of weight you think you could back squat (properly) for 1 rep. Weight for the Bulgarian split squats and step-ups will stay pretty consistent, but remember that if form is suffering, it's best to scale back and focus on nailing that first.

part 1: back squats

10 reps @ 50% of 1RM, 10 reps @ 60% of 1RM

8 reps @ 70% of 1RM

3 x 6 reps @ 80% of 1RM

part 2: bulgarian split squats

10 reps per side @ moderate weight

3 x 10 reps per side @ heavy weight

part 3: barbell alternating step-ups

16 reps total @ moderate weight

3 x 16 reps total @ heavy weight

rest: take 2-3 mins to recover between all sets