

5 WEEK LOWER BODY BURNER

A 5-day split with an emphasis on lower body growth:
best suited for intermediate or advanced skill levels in
the gym

By: Maggie Olivia Fitness



TABLE OF CONTENTS



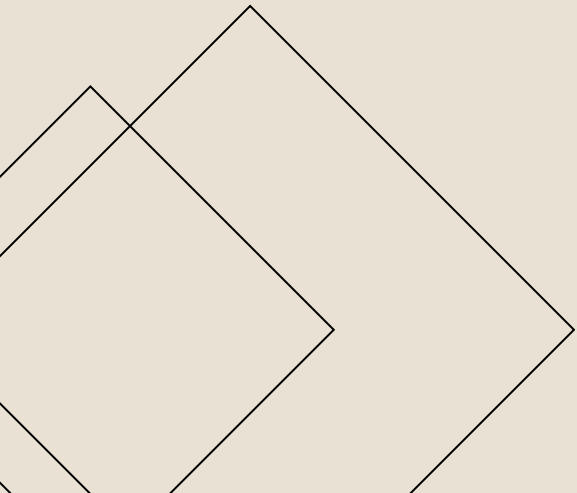
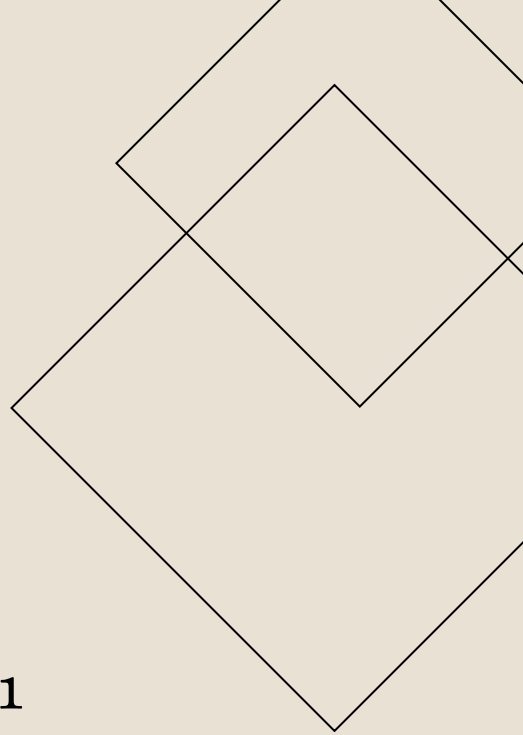
Disclaimer

Before You Start 1

Program Overview 2

5 Week Lower Body Burner

- Week 1 3
- Week 2 4
- Week 3 5
- Week 4 6
- Week 5 7



Disclaimer

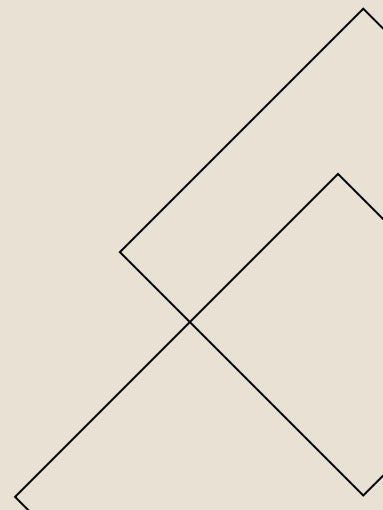


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You, the user, agree that by engaging in any physical exercise or activity following the program below, that you do so at your own risk and assume the risk of any and all injury and/or damage you may suffer, whether while engaging in exercise or not. This includes injury or damage sustained while and/or resulting from using any equipment or facility, whether provided to you by the trainer (Maggie O'Neill) or otherwise, including injuries or damages arising out of the negligence of the trainer, whether active or passive.

RELEASE: You agree on behalf of yourself (and all your personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge Trainer (and Trainer's affiliates, related entities, employees, agents, representatives, successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of the negligence of Trainer, whether active or passive, or any of Trainer's affiliates, employees, agents, representatives, successors, and assigns.

You are aware and agree that by executing this release, you are giving up your right to bring a legal action or assert a claim against trainer for trainer's negligence, or for any defective product used while receiving personal training from trainer. You have read and voluntarily signed the waiver and release and further agree that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.





Before you Start

This 5 week lower body hypertrophy program was designed with a strength endurance/muscular hypertrophy training style to increase muscle size (with an emphasis on the lower body muscles), challenge reps to failure, and improve body recomposition through fat loss and muscle maintenance.

Required equipment

You will need access to a gym with equipment. This includes but is not limited to:

- Dumbbells and barbells
- Squat rack and/or Smith machine
- Benches
- Standard machines
- Cables
- Cardiovascular equipment

Pre-requisite for your success

This program is optimal for individuals who have experience using gym equipment, understand the basic form, and already possess stability and mobility skills. If you define your skill level as intermediate or above, this program is great for you!

Frequently used terms

DB = Dumbbell

BB = Barbell

SS = Superset (performing two exercises back-to-back without rest for every required set)

DS = Dropset (reducing the weight after the stated reps and completing additional reps (stated or until failure))

Rest pause = A repetition style that has you complete allotted reps, pause for 15 seconds, complete half the reps, pause another 15 seconds, and complete the set. Example: 8 reps, 15 sec rest, 4 reps, 15 sec rest, 4 reps



Program Overview

Get comfortable with the exercises because the goal is to progressively overload the SAME movement patterns throughout the entire 5 weeks. Week 4 will see a few exercise adjustments.

Week	Description
Week 1	Hypertrophy and muscle development
Week 2	Hypertrophy and muscle development: Load progression
Week 3	Hypertrophy and muscle development: Load progression
Week 4	Strength endurance
Week 5	Strength endurance: repetition progression

Week 1

Find your benchmark weights this week and ensure you are 1-2 reps away from failure within the given rep range

Glute Focused Legs

Exercise	Sets	Reps	Notes
Smith machine squat	4	6-8	Use set 1 as a warm-up
Hip thrust machine	3	8-12	Set 3 add 5 second holds after 8
DB romanian deadlifts	3	8-12	2 second negatives
Weighted step-up SS	3	8 per side	No rest in between
body weight step-up	3	12 per side	
Prone hamstring curl	3	12	DS on the 4th set after 10 and work to failure
Standing calf raises	3	12	Burnout on final set

Push Upper

Exercise	Sets	Reps	Notes
Incline chest press	3	6-10	Can be done on smith machine, DB, or BB
Downward cable flies	3	8-12	Double cable
DB lateral raise SS	3	8 per side	No rest in between
Cable lateral raise	3	12-15 per side	
Military press	3	6-10	Higher reps in final set
Tricep pushdowns	3	6-12	DS on the final set after 8 and work until failure

Quad Focused Legs

Exercise	Sets	Reps	Notes
Front barbell squat	4	6-12	Use 1st set as a warm-up
Pistol squats	3	8 per side	Use a wall or machine to steady your stance
Leg extensions	3	6-10	Final set: DS after 6, drop again after 8
Bulgarian split squats	3	8-10 per side	Elevate front leg for extra depth
DB front squat SS	3	8-10	No rest in between
body weight squat	3	12-15	
Seated calf raises	3	8-12	Burnout on final set

Pull Upper

Exercise	Sets	Reps	Notes
Wide grip lat pull-down	4	8-10	1st set warm up, final set DS after 8, drop again after 10 DS on final set
Single arm cable rows	3	8-12 per side	and work until failure
Rear delt flies	3	10-12	Reverse peck deck or with cables
rope face pulls	3	8-12 per side	Kneeling position or reverse on a bench
BB bicep curl	3	8-10	fail on your third superset
SS upright BB rows	3	12-15	

Full Lower Accessory

Exercise	Sets	Reps	Notes
Single leg-press	4	10-12 per side	1st set warm up, work a lighter weight
Glute medius kickbacks	3	10-12 per side	Fail on final set
Hip abductor SS	3	10-12	No rest in between
Hip adductor	3	10-12	
Leg extensions	2	20	Lighter weight
Glute focused hyper-extensions	3	15-20	Hips into the pad removing pressure off the lower back
Calf raises	3	12-15	Fail on the final set

Week 2

Increase the load (weight used) from the previous week while staying within the same rep range

Glute Focused Legs

Exercise	Sets	Reps	Notes
Box squat	4	6-8	Use set 1 as a warm-up
BB Hip thrusts	3	8-12	Set 3 add 5 second holds after 8
single leg DB RDLs	4	8-12 per side	2 second negatives
Weighted step-up SS	3	8 per side	No rest in between
body weight step-up	3	12 per side	
Prone hamstring curl	4	12	DS on the 4th set after 10 and work to failure
Standing calf raises	4	12	Burnout on final set

Push Upper

Exercise	Sets	Reps	Notes
Incline chest press	4	6-10	Can be done on smith machine, DB, or BB
Downward cable flies	3	8-12	Double cable
DB lateral raise SS	3	8 per side	No rest in between
Cable lateral raise	3	12-15 per side	
DB Arnold press	3	6-10	Higher reps in final set
Tricep pushdowns	3	6-12	DS on the final set after 8 and work until failure

Quad Focused Legs

Exercise	Sets	Reps	Notes
Sumo deadlift	4	6-12	Use 1st set as a warm-up
Hack squat	3	8	Rest pause on the final set
Leg extensions	3	6-10	Final set: DS after 6, drop again after 8
BB back lunges	3	8-10 per side	Elevate front leg for extra depth
DB front squat SS	3	8-10	No rest in between
body weight squat	3	12-15	
Seated calf raises	3	8-12	Burnout on final set

Pull Upper

Exercise	Sets	Reps	Notes
Single arm lat pulldowns	3	8-10 per side	1st set warm up, final set DS after 8, drop again after 10
Seated cable row Rear delt	4	8-12	DS on final set and work until failure
flies	3	10-12	Reverse peck deck or with cables
Single arm overhead cable row	3	8-12 per side	Kneeling position or reverse on a bench
Supinated db curls	3	10-12	Partial reps after 10 to failure on final set

Full Lower Accessory

Exercise	Sets	Reps	Notes
Single leg-press	4	10-12 per side	1st set warm up, work a lighter weight
Glute medius kickbacks	3	10-12 per side	Fail on final set
Hip abductor SS	3	10-12	No rest in between
Hip adductor	3	10-12	
Leg extensions	2	20	Lighter weight
Glute focused hyper-extensions	3	15-20	Hips into the pad removing pressure off the lower back
Calf raises	3	12-15	Fail on the final set

Week 3

Increase the load (weight used) from the previous week while staying within the same rep range

5

Glute Focused Legs

Exercise	Sets	Reps	Notes
Box squat	4	6-8	Use set 1 as a warm-up
Hip thrusts	3	8-12	Set 3 add 5 second holds after 8
DB romanian deadlifts	4	8-12	2 second negatives
Weighted step-up SS	3	8 per side	No rest in between
body weight step-up	3	12 per side	
Prone hamstring curl	3	8-10	DS on the 4th set after 10 and work to failure
Standing calf raises	3	12-15	Burnout on final set

Push Upper

Exercise	Sets	Reps	Notes
Incline chest press	4	6-10	Can be done on smith machine, DB, or BB
Downward cable flies	3	8-12	Double cable
DB lateral raise SS	3	8 per side	No rest in between
Cable lateral raise	3	12-15 per side	
Military press	3	6-10	Higher reps in final set
Tricep pushdowns	3	6-12	DS on the final set after 8 and work until failure

Quad Focused Legs

Exercise	Sets	Reps	Notes
Front barbell squat	4	6-12	Use 1st set as a warm-up
Pistol squats	4	8	Rest pause on the final set
Leg extensions	3	6-10	Final set: DS after 6, drop again after 8
Bulgarian split squats	3	8-10 per side	Elevate front leg for extra depth
DB front squat SS	3	8-10	No rest in between
body weight squat	3	12-15	
Seated calf raises	3	8-12	Burnout on final set

Pull Upper

Exercise	Sets	Reps	Notes
Wide grip lat pull-down	4	8-10	1st set warm up, final set DS after 8, drop again after 10
Seated cable row	4	8-12	DS on final set and work until failure
Rear delt flies	3	10-12	Reverse peck deck or with cables
Single arm overhead cable row	3	8-12 per side	Kneeling position or reverse on a bench
BB bicep curl	3	8-10	Partial reps after 10 to failure on final set

Full Lower Accessory

Exercise	Sets	Reps	Notes
Single leg-press	4	10-12 per side	1st set warm up, work a lighter weight
Glute medius kickbacks	3	10-12 per side	Fail on final set
Hip abductor SS	3	10-12	No rest in between
Hip adductor	3	10-12	
Leg extensions	2	20	Lighter weight
Glute focused hyper-extensions	3	15-20	Hips into the pad removing pressure off the lower back
Calf raises	3	12-15	Fail on the final set

Week 4

You might find you need to decrease the load to hit this desired rep range

Glute Focused Legs

Exercise	Sets	Reps	Notes
Box squat	4	10-12	Use set 1 as a warm-up
Hip thrusts SS KAS glute bridges	3	8, 12-15	No rest in between
DB romanian deadlifts	4	8-12	2 second negatives
Weighted step-up SS	3	10 per side	No rest in between
body weight step-up	3	15 per side	
Prone hamstring curl	3	12	DS on the 3rd set after 8, drop again after 10
Standing calf raises	3	20	Burnout on final set

Full Upper Body 1

Exercise	Sets	Reps	Notes
Incline chest press	4	12-15	Can be done on smith machine, DB, or BB
Close grip lat pulldowns	3	12-15	Final set to absolute failure
lateral raise SS	3	8 per side	No rest in between
Cable lateral raise	3	12-15 per side	
Rear delt cable flies	3	10-12	Shoulder height cable position
Tricep pushdowns SS pushup	3	6-12, failure	Take each set of pushups to failure

Quad Focused Legs

Exercise	Sets	Reps	Notes
Sumo deadlift	4	6-12	Use 1st set as a warm-up
Hack squat	3	10-12	Rest pause on the final set
Leg extension SS nordic quad extension	3	10, 12-15	Final set: DS after 6, drop again after 8
BB back lunges	3	12-15 per side	Elevate front leg for extra depth
DB front squat SS	3	8-10	No rest in between
body weight squat	3	12-15	
Seated calf raises	3	20	Burnout on final set

Full Upper 2

Exercise	Sets	Reps	Notes
Wide grip lat pull-down	4	12-15	1st set warm up, final set DS after 8, drop again after 12
DB shoulder press	3	12-15	DS on final set and work until failure
Rear delt flies	3	12-15	Reverse peck deck or with cables
Single arm tricep extensions	3	12-15 per side	Holding a cable with no attachment
BB bicep curl	2	20	Partial reps after 20 to failure on final set (drop weight if necessary)

Full Lower Accessory

Exercise	Sets	Reps	Notes
Single leg-press	4	10-12 per side	1st set warm up, work a lighter weight
Glute medius kickbacks	3	10-12 per side	Fail on final set
Hip abductor SS	3	10-12	No rest in between
Hip adductor	3	10-12	
Leg extensions	2	20	Lighter weight
Glute focused hyper-extensions	3	15-20	Hips into the pad removing pressure off the lower back
Calf raises	3	12-15	Fail on the final set

Week 5

Make sure you are increasing the amount of reps this week (should be higher than last week using the same load)

Glute Focused Legs

Exercise	Sets	Reps	Notes
Box squat	4	12-15	Use set 1 as a warm-up
Hip thrusts SS KAS glute bridges	3	12, 15-20	No rest in between
DB romanian deadlifts	4	12-15	2 second negatives
Weighted step-up SS	3	12 per side	No rest in between
body weight step-up	3	15 per side	
Prone hamstring curl	3	15-20	DS on the 3rd set after 12, work till failure
Standing calf raises	3	20	Burnout on final set

Full Upper Body 1

Exercise	Sets	Reps	Notes
Incline chest press	4	15-20	Can be done on smith machine, DB, or BB
Close grip lat pulldowns	3	15-20	Final set to absolute failure
lateral raise SS	3	12 per side	No rest in between
Cable lateral raise	3	15 per side	
Rear delt cable flies	3	15-20	Shoulder height cable position
Tricep pushdowns SS pushup	3	12, failure	Take each set of pushups to failure

Quad Focused Legs

Exercise	Sets	Reps	Notes
Sumo deadlift	4	10-12	Use 1st set as a warm-up
Hack squat	3	12-20	Rest pause on the final set
Leg extension SS nordic quad extension	3	12, 15	Final set: DS after 6, drop again after 8
BB back lunges	3	12-15 per side	Elevate front leg for extra depth
DB front squat SS	3	12	No rest in between
body weight squat	3	15-20	
Seated calf raises	3	20	Burnout on final set

Full Upper 2

Exercise	Sets	Reps	Notes
Wide grip lat pull-down	4	12-15	1st set warm up, final set DS after 10, work to failure
DB shoulder press	3	15-20	DS on final set and work until failure
Rear delt flies	3	15-20	Reverse peck deck or with cables
Single arm tricep extensions	3	12-15 per side	Holding a cable with no attachment
BB bicep curl	2	25	Partial reps after 20 to failure on final set (drop weight if necessary)

Full Lower Accessory

Exercise	Sets	Reps	Notes
Single leg-press	4	15 per side 10-	1st set warm up, work a lighter weight
Glute medius kickbacks	3	15-20 per side	Fail on final set
Hip abductor SS	3	15-20	No rest in between
Hip adductor	3	failure	
Leg extensions	2	25	Lighter weight
Glute focused hyper-extensions	3	15-20	Hips into the pad removing pressure off the lower back
Calf raises	3	20	Fail on the final set

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Getting in touch:

 [maggieoliviafit](#)

 maggie@gifted-hq.com

