

BRICKBUILT

STRENGTH

Sample Program: Lower Body Dynamic

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Abbreviations

Abbreviation	Term
BB	Barbell
DB	Dumbbell
KB	Kettlebell
MB	Medicine Ball
SA	Single Arm
SL	Single Leg
RB	Resistance Band
OH	Overhead
RFT	Rounds for Time
KBS	Kettlebell Swing



Important Terms

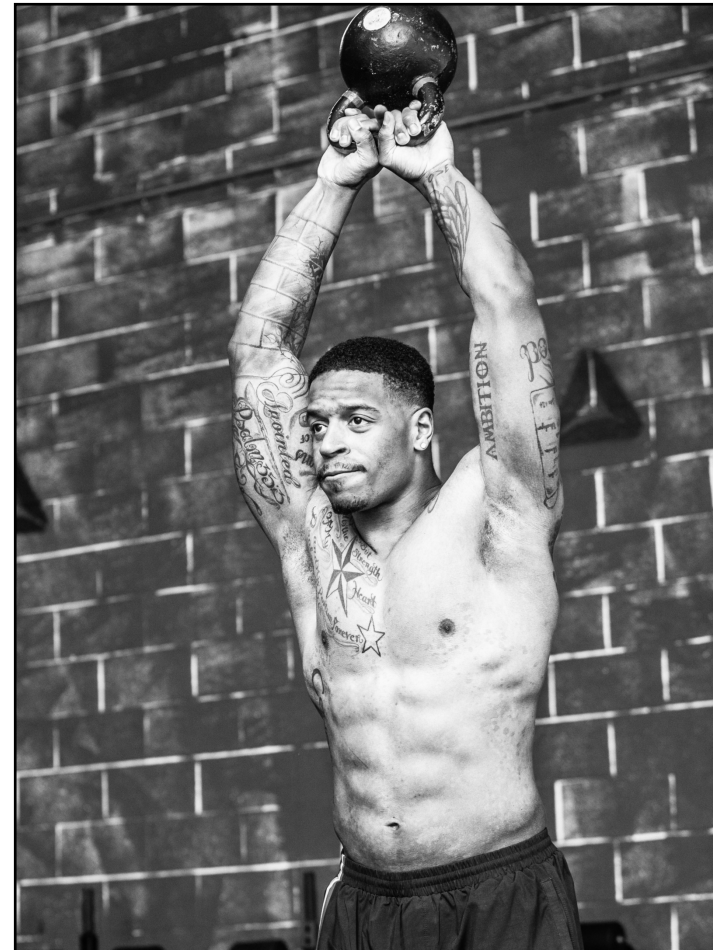
Primary Lifts	<p>Usually multi-joint movements or compound lifts. Primary lifts are what start your main workout portion and should be done with proper rest time and for quality. These lifts set the tone for the rest of the workout, be sure to complete these fully.</p> <p><i>*Example, if there is A1) next to a lift and under is a A2) next to another lift, perform A1) for a set, then directly into A2) back and forth until all sets are completed.</i></p>
Accessory	<p>These necessary lifts are the meat of the workout! The accessory work is labeled in numerical order and will be completed in that order. It's important to follow the order of the exercises and the allotted rest time.</p> <p><i>*Tip if possible set up the entire accessory circuit before starting so the rhythm of the circuit runs smoothly.</i></p>
Active Rest/Mobility Work	<p>Active rest is very light exercise, often with stretching, which doesn't result in damage to the muscles. This day is just as important! This day is so important because of the way your body will recover due to the amount of stress and volume you will encounter during this challenge. Best results are produced when your body feels at its best so take this day with the same approach as your other days.</p>

Lower Body Dynamic: Warm Up

Warm Up

2 rounds for quality:

Reps + Exercise
25 ft. Spiderman crawl
10 Russian KBS
30 sec. KB wall sit
10 Banded hip bridges



Lower Body Dynamic: Exercises

Primary

1A) Pause Back Squat

Sets x Reps	Percentage
4x4	75% <i>Moderate weight</i>

1B) Banded Cowboy Walks

Sets x Distance	Direction
4x25 ft.	Forward + Backward

Accessory

3 rounds of the following:

Reps	Exercise
10 total	BB good mornings
8 per leg	KB reverse lunges
5 total	Dual KB sumo deadlifts
8 per leg	KB SL tempo step downs

*Rest :90 after completing each set of 1B.

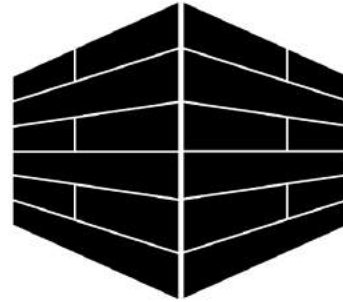
Lower Body Dynamic: Core

Core

3 rounds of the following:

Reps + Exercise
10 total Deadbugs
10 Plank body saws
30 sec. Hollow hold





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The goal at BrickBuilt is to *“fall in love with fitness, fall in love with the process”* and what is wrong with looking good as hell while doing it...right?

Enjoy this sample from the BrickBuilt team!