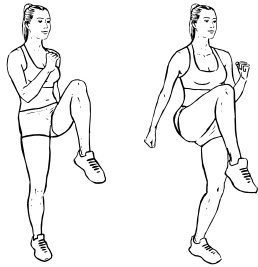


# Intro to Weightlifting 6

51 min · Abs, Legs, Shoulders

As week 2 comes to a close; we can now begin looking into upcoming international power lifting competitions. Or maybe not just yet...

## High Knees

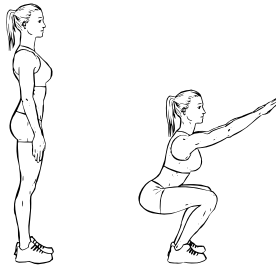


**0:30**  
rest

**2 sets 20 secs 20 sec rest**

Jogging on the spot. Aim to speed up in the second set!

## Air Squats

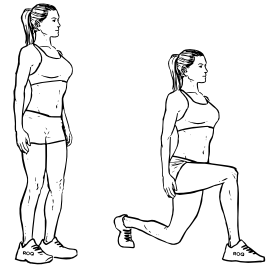


**0:30**  
rest

**2 sets 10 reps 45 sec rest**

Check out the exercise instructions and compare with your own form!

## Bodyweight Walking Lunges

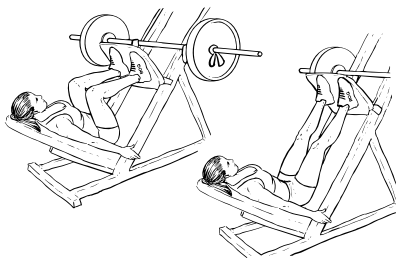


**0:30**  
rest

**3 sets 20 reps 60 sec rest**

10 lunges per leg is how we're rolling nowadays. Feel the burn!

## Leg Press

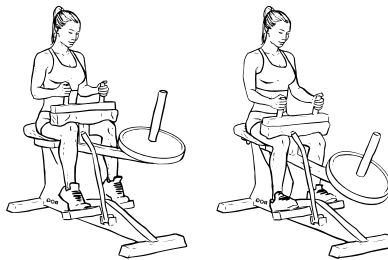


**2:00**  
rest

**4 sets 12 reps 60 sec rest**

Aim to hit your 2-week max on the 3rd or 4th set, but make sure it's light enough to complete 12 reps!

## Seated Calf Raises

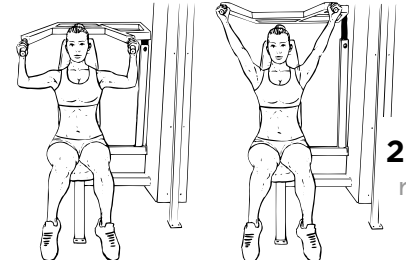


**2:00**  
rest

**3 sets 16 reps 60 sec rest**

Never forget to train calves on leg day; because chicken legs only look great on chickens.

## Machine Seated Shoulder Press

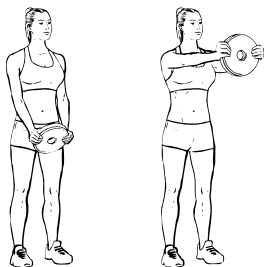


**2:00**  
rest

**3 sets 12 reps 60 sec rest**

Remember your technique, increase the weight a tad, and drive the weight through the roof (not literally).

## Standing Front Shoulder Plate Raises

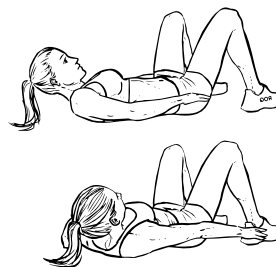


**1:30**  
rest

**2 sets 10 reps 60 sec rest**

To change things up, and a little twist of the plate as you rise. Like a steering wheel!

## Alternate Heel Touchers

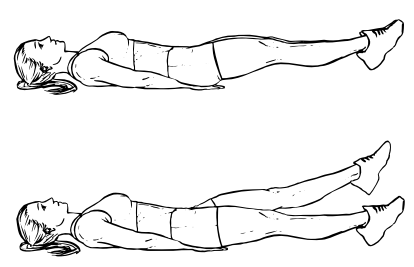


**1:30**  
rest

**2 sets 36 reps 45 sec rest**

18 heel touchers per side!

## Flutter Kicks



**1:30**  
rest

**2 sets 36 reps 45 sec rest**

That brings us the last of the flutter kicks! Nice work, champ!

## High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

**Abs**

Secondary:

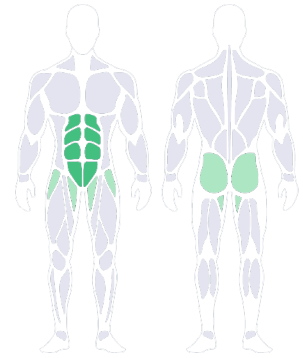
**Glutes & Hip Flexors**

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



## Air Squats

Primary muscle group(s):

**Hamstrings, Quadriceps**

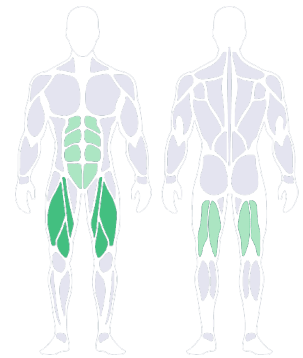
Secondary:

**Abs, Hamstrings**

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



# Bodyweight Walking Lunges

Primary muscle group(s):

**Quadriceps**

Secondary:

**Calves, Glutes & Hip Flexors**

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

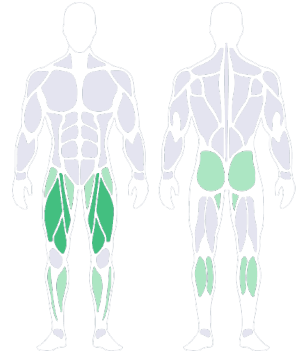
Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

 Try to keep your hands on your hips at all times, using your obliques to keep your balance.



## Leg Press / Machine Squat Press

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Calves, Hamstrings**

Sit down on a leg press machine and place your legs on the platform directly in front of you at shoulder width.

Lower the safety bars holding the weighted platform and press the platform all the way up until your legs are fully extended in front of you but do NOT lock your knees. Your torso and legs should be at a 90-degree angle to each other. This is the start position.

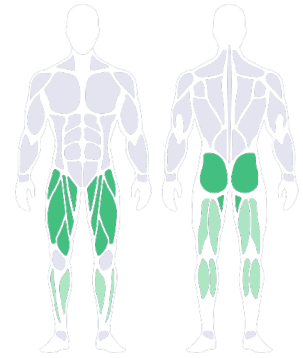
Inhaling, slowly lower the platform until your upper and lower legs form a 90-degree angle. Pause for a count of one,

Return to the starting position by pushing through the heels of your feet, engaging your quadriceps. Exhale as you do so.

Repeat.

After completing the desired number of repetitions, make sure you lock the safety pins of the machine before alighting.

**!** Always check to make sure that when you re-rack the weight the platform is securely locked.



## Seated Calf Raises

Primary muscle group(s):

**Calves**

Sitting on a calf raise machine, position your upper thighs under the top pad. The pad should be resting just above your knees.

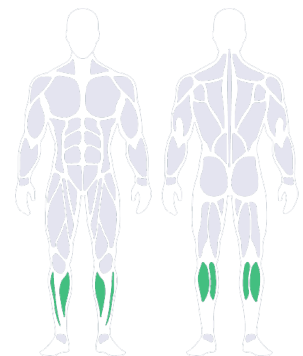
Place the balls of your feet on the foot plate.

Keeping the balls of your feet in position, lower your heels as far as possible.

Slowly raise your heels as if standing on your toes. Continue as far as possible until you feel a stretch in your lower calves. Hold for a count of one.

Slowly lower your heels back to the starting position and repeat.

**!** If the machine isn't equipped with foot plates, you can use barbell plates placed under the machine to increase your range of motion. Don't



## Machine Seated Shoulder Press

Primary muscle group(s):

**Shoulders**

Secondary:

**Biceps, Forearms, Triceps**

Keep a tight core and flat back as you remain seated in the shoulder press machine.

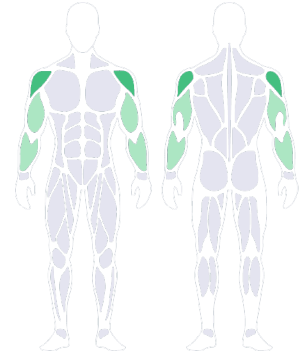
Look straight ahead as you hold on to the handles.

Slowly, press the handles up above your head.

Do not lock out your elbow.

Slowly, bring the handles back down but do not let the weight stack touch.

Repeat the movement.



## Standing Front Shoulder Plate / Dumbbell / Kettlebell Raises

Primary muscle group(s):

**Abs, Shoulders**

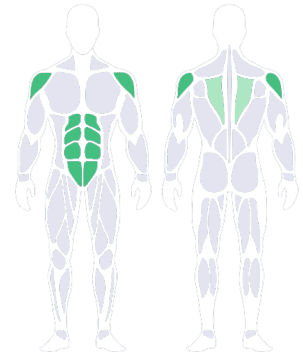
Secondary:

**Upper Back & Lower Traps**

Stand tall with a tight core and flat back. Hold a weight plate, dumbbell or kettlebell with both hands in front of your hips. Be sure to use an overhand grip. You can also use a resistance band secured under your feet. Your feet should be shoulder-width apart.

With a slight bend in the elbows, raise the weight plate up and in front of you. Pause and squeeze the shoulders when you reach chest level.

Slowly lower the plate to the starting position, immediately moving into the next repetition.



## Alternate Heel Touchers / Lying Oblique Reach

Primary muscle group(s):

**Obliques**

Secondary:

**Abs**

Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder width apart.

Fully extend your arms down the side of your body, palms facing in. This is the start position.

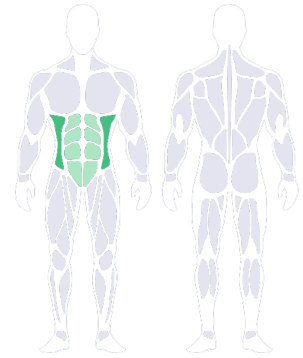
Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

return to the starting position smooth motion, inhaling as you do so.

Repeat the movement, this time to your left side.

When you have completed the movement on both sides, you have done one repetition.

Repeat.



## Flutter Kicks

Primary muscle group(s):

**Abs**

Secondary:

**Glutes & Hip Flexors**

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.

