



Day One – Lower Body Max Strength  
Sexy Sculpt 1.0

Exercise Name	Week 1   Date:			Week 2   Date:			Week 3   Date:			Week 4   Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
A1) Deadlift	5	6										
A2) 1,2,3 Jumps	5	30 seconds										
B1) Smith Machine Squat (wide stance)	5	6										
B2) Bulgarian Split Squat	5	30 seconds										
C1) Glute Kickbacks w/ankle weights or resistance bands	3	15 each leg										
C2) Bicycle Crunches	3	30 seconds										
<b>Instructions / Cardio:</b>	<p>A1) followed by A2) indicates a superset. Do exercises A1) and A2) back to back before taking a 60 second rest. Repeat those two exercises until you've completed all 5 sets, then move on to B1) and B2), repeating the process.</p> <p>We recommend pairing this workout with 10-15 minutes of HIIT afterward if your goal is fat loss or building lean muscle. See cardio workouts for instructions.</p>											