

FL3 WORKOUT SERIES

LOWER BODY



JEDPT
YOUR HEALTH | YOUR FITNESS | YOUR RESULTS



STEP 1: READ THE FL3 GUIDELINES BEFORE CHOOSING YOUR WORKOUT

STEP 2: CHOOSE BETWEEN FL3 'NOVICE' OR FL3 'ADVANCED'

STEP 3: SCREENSHOT YOUR WORKOUT AND THEN HEAD TO THE GYM

FL3 TRAINING GUIDELINES

WORKOUT STRUCTURE

There are 9 exercises in this workout, sectioned into 3 giant sets. Each giant set consists of 3 exercises, which involve working different muscle groups in each exercise. The first exercise in each giant set is the 'Prime' exercise. The other 2 exercises are 'Accessory' exercises. Once you have completed 3 sets of each exercise in the giant set, you move onto the next giant set.

EXERCISE SELECTION

In this FL3 Workout Series LOWER BODY workout, the *Prime* exercise of each giant set is a Lower Body exercise. This is to provide more stimulus to that muscle group (quads, glutes, hamstrings) whilst the *Accessory* exercises will largely target other muscle groups. As explained below, your effort and intensity should be focused to your *Prime* exercises, whilst the *Accessory* exercises add to your overall workout intensity.

REPS

The *Prime* exercise of each giant set has the reps set at 8-12 reps. The *Accessory* exercises are set at 10-15 reps. It is important to understand the reasoning behind this. First of all, do not take these rep ranges as absolute authority.

However, they are designed to ensure that the prime exercise is the exercise of the giant set that commands most of your energy, hence the RPE being 8-10/10 (more on RPE below). The *Accessory* exercises are set at an RPE of 6-8/10, meaning they should not require as much demand as the *Prime* exercise, but they should be provided with an adequate stimulus. If you perform reps outside of these guidelines, that is fine, as long as you strive to ensure the *Prime* exercise is the main focus, and the *Accessory* exercises don't cause too much disruption to your *Prime* exercise sets.

RPE

RPE stands for Rate of Perceived Exertion. E.g how hard was it on a scale of 1-10; 1 being easy and 10 being hard. So when performing the *Prime* exercise of the giant set, the RPE is set high between 8-10 out of 10. The *Accessory* exercises are set between 6-8 out of 10.

REST

The rest protocol set for each giant set is 15-15-60. So after performing the *Prime* exercise, you rest 15 seconds, perform the first *Accessory* exercise, rest 15 seconds again and then perform the second *Accessory* exercise before taking 60 seconds rest. That constitutes one set. You will then perform 2 more sets of that giant set, before moving onto the next giant set in the workout. The 15-15-60 is set as a recommended guideline, but will need to be adjusted to the individual based on their fitness level. Remember, you want to give as much as you can in each prime exercise, so ensure that you are fully recovered.

CHOOSE YOUR WORKOUT



FL3 NOVICE: Suited for those who would categorise themselves as new to the gym, or just comfortable with basic movements and exercises.

FL3 ADVANCED: Suited for those who feel comfortable in any gym environment, and are capable of most movements and exercises.

FL3 NOVICE *LOWER BODY*

| EXERCISE | REPS | R.P.E | REST | SETS |
|------------------------|-------|---------|------|------|
| DUMBBELL FRONT SQUAT | 8-12 | 8-10/10 | 15s | x3 |
| BARBELL CURL | 10-15 | 6-8/10 | 15s | |
| PUSH-UPS | 10-15 | 6-8/10 | 60s | |
| <hr/> | | | | |
| WALKING LUNGES | 8-12 | 8-10/10 | 15s | x3 |
| STANDING BARBELL PRESS | 10-15 | 6-8/10 | 15s | |
| PLANK | 10-15 | 6-8/10 | 60s | |
| <hr/> | | | | |
| LEG PRESS | 8-12 | 8-10/10 | 15s | x3 |
| LATERAL RAISES | 10-15 | 6-8/10 | 15s | |
| DUMBBELL CURL | 10-15 | 6-8/10 | 60s | |

PRIME EXERCISE SWAPS:

DUMBBELL FRONT SQUAT > KETTLEBELL SUMO SQUAT OR CABLE SQUAT

WALKING LUNGES > BULGARIAN SPLIT SQUAT OR DUMBBELL REVERSE LUNGE

LEG PRESS > SEATED LEG CURL OR SINGLE-LEG PUSHDOWN (ASSIST MACHINE)

FL3 ADVANCED *LOWER BODY*

| EXERCISE | REPS | R.P.E | REST | SETS |
|---------------------|-------|---------|------|------|
| BARBELL SQUAT | 8-12 | 8-10/10 | 15s | x3 |
| INVERTED ROW | 10-15 | 6-8/10 | 15s | |
| SINGLE-ARM DB PRESS | 10-15 | 6-8/10 | 60s | |
| <hr/> | | | | |
| DB WALKING LUNGES | 8-12 | 8-10/10 | 15s | x3 |
| RENEGADES | 10-15 | 6-8/10 | 15s | |
| BARBELL UPRIGHT ROW | 10-15 | 6-8/10 | 60s | |
| <hr/> | | | | |
| ROMANIAN DEADLIFT | 8-12 | 8-10/10 | 15s | x3 |
| PUSH PRESS | 10-15 | 6-8/10 | 15s | |
| BENT OVER KB ROW | 10-15 | 6-8/10 | 60s | |

PRIME EXERCISE SWAPS:

BARBELL SQUAT > FRONT SQUAT OR BARBELL HIP THRUST

DB WALKING LUNGES > BULGARIAN SPLIT SQUAT OR BARBELL REVERSE LUNGE

ROMANIAN DEADLIFT > GOOD MORNING OR TRAP-BAR DEADLIFT

SCROLL DOWN FOR THE FAQs

CAN I CHANGE THE EXERCISES?

Yes, but try to stay within the guidelines. There are some suggested exercises listed below the workout that you can swap the Prime Exercise for instead. If you still require another exercise, just ensure that it is a similar movement working the same muscle groups. If you need to switch an accessory exercise, again ensure that it works a similar muscle group and doesn't disrupt your effort required for the prime exercise.

CAN I CHANGE THE ORDER OF THE EXERCISES?

Yes. You may find you need to change the order depending on equipment availability. So, if the first Giant Set can't be performed due to that reason, try moving onto the second Giant Set and if that isn't possible, move onto the third.

I DON'T HAVE THE EQUIPMENT REQUIRED FOR A CERTAIN EXERCISE?

Similar to above, try and perform an exercise that is similar to the one you have to replace. Contact us if you need other suggestions before you start your workout!

CAN I CHANGE THE REPS?

Try to stick within the Rep guidelines. If you found performing 12 reps of a Prime exercise was too easy, you will need to increase the weight to ensure you reach an RPE of 8 within the 8-12 reps guideline for Prime exercises. Only reduce the reps of Accessory exercises if you find they exceed the 6-8/10 RPE guideline, or reduce the weight.

CAN I CHANGE THE RPE OF EXERCISES?

Try to ensure that the Prime exercise is performed to an intensity of 8-10 out of 10. Only reduce the RPE of Prime exercises if it's absolutely essential to do so. You may need to adjust the RPE of the Accessory exercises particularly if they are leaving you a lack of intensity required for your Prime exercises.

THE WORKOUTS ARE TOO DIFFICULT?

Take longer rest periods, decrease the RPE on all exercises where required. If a necessity, take out one accessory exercise of a Giant Set.

THE WORKOUTS ARE TOO EASY?

Stay strict to the rest periods, ensure you are definitely hitting the recommended RPE guidelines, particularly on the Prime exercises. Try increasing the RPE of the Accessory exercises slightly too.

HOW LONG SHOULD THE WORKOUT TAKE?

It will depend on your fitness level, but anywhere between 30-45 minutes is a recommended time frame.



WWW.JEDPT.COM



[JEDPT](https://www.facebook.com/JEDPT)



JEDRIDDY@JEDPT.COM



[@JEDRIDDY](https://www.instagram.com/@JEDRIDDY)