

## GYM WORKOUT PHASE 3 LOWER BODY

We continue to work towards the Clean and Jerk of the Olympic lift

**1 Dead lift** is used to lift a barbell from the ground to the hips keeping a straight back to avoid injury.

Stand with the feet shoulder width apart and under the bar. Push your bum backwards as you bend to grasp the bar with an overhand grip before standing upright by straightening the legs, then lower the bar. 5 to 6 reps

**2 Power clean.** Start with a lighter bar hanging at arms length while standing, to perfect the lift. Raise the bar smartly towards the shoulders before flipping the elbows through to project forwards while holding the bar on the palms, then lower. Develop this movement to incorporate a bend of the knees as the bar is raised, before straightening them. Eventually you should be aiming to flex the legs more so that in reality the arms do not have to lift the bar so far. Aim at 5/6 lifts Wear a belt if necessary.



**3 Power squat** is for the adductors to help keep the legs in line when lifting. Hold a heavy dumbbell at floor level with the legs widespread and feet angled at 90 degrees to each other. Push your bum back and straighten the legs while keeping a straight back.

**4 Leg extensions** as done previously

**5 Single leg hamstring curls** as done previously

**6 Cable pull back** for the hamstrings and **forward pull** for quads.

**7 Calf step ups.** Stand holding a barbell over the shoulders or 2 dumbbells, in front of a stool about 15 inches tall, Step up onto the stool keeping an upright back, lifting the heel off the stool as the other leg comes through and is raised until the thigh is parallel to the floor. Work on about 8 to 10 lifts per leg.

