


Strength Workout: Back Lunge BOOTYful

Equipment needed:

- [Exercise mat](#)
- Squat Rack
- [Squat bar support pad \(optional\)](#)
- [Olympic weight plates](#)
- [Foam roller](#)

Are you ready to try barbell back lunges?! Get excited because the barbell back lunge is one of my favorite ways to work the BUNS hun. We will warm up your core and hips before moving into a strong set of back lunges and deadlifts. It's a heavy leg day and one that will help you develop lean, strong, powerful legs.

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Exercise	Picture
Warm up: 5 minutes cardio. Feeling tired? Do 5 minutes of foam rolling instead.	
<p><u>Warm Up Plank Reach</u></p> <p>Adding an arm reach to your forearm plank forces the abs into high gear as they work to keep the torso steady.</p> <p>Begin in a forearm plank with your feet slightly wider than your hips to create more stability.</p> <p>Reach your right arm straight out, with the thumb pointed toward the ceiling. Return back to forearm plank, and reach your left arm out. This completes one rep. For more challenge, reach your opposite leg out as you extend the arm.</p> <p>2 sets of 10-12 reps</p>	

Warm Up Reverse Lunge With Reach

Get your legs fired up while testing your balance with this move.

Stand with your hands at your sides, and step back with your left leg into a deep lunge. Feel a stretch in your hip flexors and in the front of your body. Increase the stretch by lifting your left arm overhead and reaching to the the right. Return to standing, and repeat this move on the other side to complete one rep.

1-2 sets of 10 reps





Warm Up: Dead Bug

The name may make you laugh, but this stability exercise fires up the core working both the front and back of the body.

Lie on your back with a neutral spine and your hips and knees at right angles with your palms pressed into your thighs just above your knees. Pull your abs to your spine keeping your ribs and pelvis still as you lengthen your right arm and leg out until they are almost parallel to the floor. Hold the leg and arm out for a breath, return to center and repeat on the left side to complete one rep. For more challenge, straighten the legs as shown in fourth and fifth photos.

1-2 sets of 10-12 reps





Warm Up: Single-Leg Bridge

Work the glutes, low back, and hamstrings with this simple yet powerful single-leg bridge.

Lie on your back with your feet hip distance apart. Lift your hips into a bridge position engaging your core and butt. From the bridge, lift your right leg into the air. Hold the leg in this position as you lift and lower the hips up and down off the floor. Do 10-12 reps then switch to repeat on the second leg, and bring your left leg.

1-2 sets 10-12 reps





Plank Knee to Elbow Crunch

This oblique crunch will help you sculpt your waistline while toning your lower abs.

Begin in a plank position with your hands directly below your shoulders and core engaged. Lift your right foot off the ground, and bring your right knee to meet your right elbow. Lower back to start. Repeat on the opposite side.

2 sets of 10-20 reps





Upside Down Bicycle

Lay on your back with your knees in tabletop position. Take your hands behind your head and curl your shoulders off the floor. Extend one leg out straight and twist towards the straight leg. It should feel like a bicycle crunch but backwards! Return to center and switch to the opposite side.

2-3 sets of 12-20 reps





Fire Hydrant with Upper Back Hold

Come into table top position with your hands underneath your shoulders and your knees under your hips. Take your right hand behind your head. Engage your upper back and keep the elbow lifted parallel to the floor. You should feel a stretch along your chest and feel your upper back work to hold this position. Hold the upper body in this place as you take the left knee and reach it towards the side. Lift and lower the knee 10-12 times and then switch sides to repeat on the second leg. You will feel your total core in this exercise!!

2-3 sets of 10-12 reps





Warm Up Back Lunge

This is our warm up set of back lunges, to help the body get used to the movement and prepare for the heavier sets. Walk to the squat rack. Position the bar across your upper back holding it with your hands to keep it stable. Stand straight with your chest up and shoulders back. Your feet should be about hip width apart. This is your starting position.

Standing tall, initiate the lunge by stepping back with one foot about 2 feet, keeping your hips facing forward as the toe of your back foot makes contact first. Your body should continue to be upright. Don't lean forward or allow you back to round. Press back up using your front leg (quads and butt) to return to the starting position.

Do one warm up set of 8 reps on one side then repeat on the opposite side.



Typical bars weigh 35 lbs. Depending on how challenging you found the warm up back lunge will help you determine how much weight to put onto the side of the bar for the work set of back lunges. If you found the bar to be challenging enough, don't add plates to the side and work with the bar for the work sets until you feel ready to add more weight.

1 warm up set of 8-10 reps each leg (Do 8-10 reps on your right leg, then switch to your left)



Warm Up straight bar deadlift

We have done the straight bar deadlift in our workouts before and the Back Lunge BOOTYful workout allows you to build on what you know. The deadlift takes practice and it is a movement you can master!




For this warmup set of deadlifts, stand with your feet hip distance apart. Hold the straight bar with your palms facing backwards and your knees slightly bent.

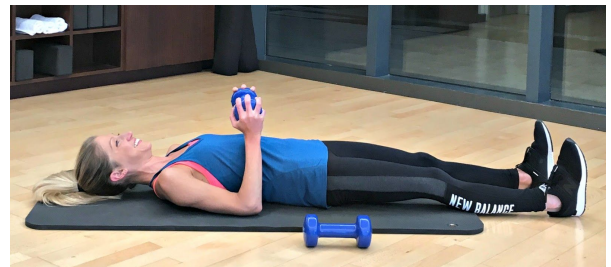
Keeping your arms straight and knees slightly bent, slowly hinge at your hip joint, sending your butt backwards. Lower the weight below your knees without rounding your back. Keep the weight close to, almost touching, your legs. Keep your neck in line with your spine - chin tucked and shoulders down.

Reverse the motion, using your butt, hamstrings, and abs to stand back up. Keep your core tight and spine straight so you feel this in the right places (you will work your lower back, but I don't want you to overwork it - keep that spine and core strong!)

Do 1 warm up set of 10 reps being mindful to use this exercise to “wake up” your butt, hamstrings and core. Depending on how hard the weight of the bar felt on the warm up will help you determine how much weight to load on the bar for the work set.



	
<p>Strength Set</p>	
<p><u>Push Press</u></p> <p>The push press is one of my favorite ways to work the entire body with a focus on the chest, triceps, and abs. You will use two dumbbells for this exercise. Lay flat on your back holding the weights at your sides next to your chest. Extend your legs long on the floor. Engage your core and perform a sit-up, pressing the weight over your head. Keep your shoulders down and upper back engaged. Reverse the motion, laying back down and returning the weight to the sides of your chest.</p> <p>To modify, use one weight (as shown in 4th-6th photos)</p> <p>2-3 sets of 10-12 reps with a challenging weight (try starting with 10 pound dumbbells and then assess whether you want to go up or down in weight)</p>	 



Lat Pull Down

Go to a lat pulldown machine with a wide bar attached to the top pulley. Add weight on the side of the machine based off a weight you feel would be challenging to complete 8-12 reps. Adjust the knee pad of the machine as needed to fit your height. These pads will prevent your body from being raised by the resistance attached to the bar. Grab the bar with the palms facing forward using a wide grip. Your hands need to be spaced out at a distance wider than shoulder width.

As you breathe out, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. Concentrate on squeezing the back muscles once you reach the full contracted position. The forearms should do no other work except for holding the bar; do not try to pull down the bar using the forearms. After a second at the contracted position squeezing your shoulder blades together, slowly raise the bar back to the starting position when your arms are fully extended and the lats are fully stretched.

2-3 sets of 8-10 reps with a challenging weight





Heavy Back Lunge

Get ready for STRENGTH with the heavy back lunge. Load Olympic weight plates on the side of the bar. If you are not sure how much weight to start with, add 10lbs to each side and build from there. Since the barbell back lunge is a single leg exercise, less weight is recommended to start. Maintain all of the form you practiced in your warm up set of back lunges. Focus on keeping your core tight, chest up, and spine strong.

Do 3-4 sets of 6-8 reps each leg. Rest as much as needed in-between legs and sets.









Heavy Deadlift

The warm-up should have given you an idea of how much weight to add to the barbell. Start with 10lb Olympic weights if you are not sure and build from there. Set up the bar with the Olympic weight plates touching the floor. Step up to the bar and get ready to lift. Put your mind to your muscle and engage your core, hips, butt, hamstrings, and lats. If you feel this exercise in your lower back, your form is off or the weight is too heavy.

Bring the feet hip distance apart toes pointing forward. Squat, sending your hips back and down. Keep your spine straight and chest open. Grip the bar with the palms facing back. Engage your lats to move your shoulders back and down. Your spine should be straight. From this position, press through your heels to stand, bringing the bar up along your thighs. Once the bar moves past your knees, straighten your spine all of the way. When you arrive at a straight standing position, squeeze your butt and core hard. To return to the floor, **HINGE** at the hips, sending the spine forward and the butt back. Once the bar moves past your legs, bend your knees coming back into a squat and put the Olympic plates back on the floor, returning to your start position. This is one rep. Move from



this position with skill and strength to complete all of the reps in the set.

For your work set in this workout, perform 3-5 sets of 5-8 reps at a challenging weight.





Cooldown!

Good work! You did it! Now let's do a few stretches and some foam rolling to give those hard working legs some love.

Scorpion Stretch twist on the floor

This is one of my favorite stretches that I feel in my entire body. Lie face down on the floor with your legs straight. Take both arms out with elbows flexed in 90°. Keep your right arm in 90° as you twist your left leg across the back of your body. Feel a stretch in the right shoulder and chest as you feel a stretch in the left hip flexor. Roll back to center and repeat on the second side. Hold for 30-60 seconds each side.



Child's pose



Foam roll lower back, hips, legs

5-10 deep breaths