

'Programming your weight training with a strength endurance focus is a guaranteed way to improve both your ability to be consistently strong.'

LOUIE SIMMONS

**LOWER
BODY
STRENGTH
ENDURANCE**

8 week training program



TABLE OF CONTENTS

DISCLAIMER	1
FOREWORD	2
GUIDELINES	3
WEEK 1	6
WEEK 2	8
WEEK 3	10
WEEK 4	12
WEEK 5	14
WEEK 6	16
WEEK 7	18
WEEK 8	20



GUIDELINES

The intention of this program is to improve an athlete's overall lower body strength endurance, as well as improve overall cardiovascular conditioning through the use of barbell exercises. By improving lower body strength endurance and conditioning, an athlete can improve their overall capacity for absolute strength. Simply put, by improving strength endurance and conditioning an athlete improves their ability to lift max effort intensity weights, resulting in higher yields in absolute strength.

This program is designed to be used in place of your typical lower body training. You will continue following your usual upper body training plan. It is suggested an athlete utilize this programming to improve strength endurance, cardiovascular conditioning, lower body muscle mass, and joint/tendon health.

Additional Tips:

- A.** Accessory exercises should always be performed using the most weight possible while successfully completing all prescribed sets and reps with proper form. Focus on slightly increasing accessory weights on a weekly basis.
- B.** If you do not have access to a specific barbell, or bands, perform the workout without them. If missing bands, add 15-20% to the barbell weight.
- C.** If you begin the program and find that the accessory volume is too much to recover from, start slightly reducing the overall accessory volume until your body accommodates to the recovery demands. Once recovery rates improve, begin adding back the removed volume.
- D.** Keep in mind that the reverse hypers listed in this programming all have different training effects. Load the reverse hyper weight appropriately based on the design.
- E.** Reverse Hypers have a great impact on lower back / glute strength and recovery when executed correctly. To avoid injury, be sure to learn proper Reverse Hyper technique.
- F.** If you do not understand an exercise, or have questions regarding the programming, please contact us at conjugateclub@westside-barbell.com

8 WEEK TRAINING PROGRAM

WEEK 3

MAX EFFORT - LOWER BODY

EXERCISE

SETS & REPS

DEADLIFTS

work up to a top set of 3

RDLs

4 x 6

PENDLAY ROWS

4 x 6 - 8

ULTRA SUPREME REVERSE
HYPERS

4 x 20 - 25

LEG LIFTS

5 x 20 - 25

EASY 3 MIN. REST

MED. 90 SEC. REST

HARD 30 SEC. REST