

compound

leg set

Not getting enough out of your resistance training? Need another way to overload your muscles? Compound sets involve performing two or more exercises for the same group of muscles, back-to-back, without rest. This set will combine an isometric exercise, a regular resistance exercise and a plyometric exercise. If you are doing traditional weight training or circuit training, this resistance training method is a great way to add variety to your exercise routine.

This compound leg set includes the isometric wall sit, the walking lunge, and finally the plyometric squat jump. This combination of exercises will target your quadriceps, gluteals, and hamstrings. After a 5-10 minute cardio warm up, start with the isometric squat on the wall. Place your back completely flat against the wall, bend your knees to a 90 degree angle, and keep your hands at your side. Hold for 30 seconds.

After 30 seconds, stand up and perform the walking lunges by taking an exaggerated step forward, then bend your lead leg at a 90 degree angle. Your back knee should come an inch from touching the floor, also at a 90 degree angle. While extending your legs, take an exaggerated step with the other leg and end in the 90 degree angle. (Note - beginners can go back into the standing position in between each lunge to help with balance and stability). Remember when lunging to keep the lead foot completely flat on the floor. Try to do 20 walking lunges in all.

After performing 10 on each side, stand with your feet shoulder width apart with your toes pointed forward. Bend your knees as low as you can while keeping your heels flat on the floor, your back flat, and bring your arms to your side. Explode by jumping as high as you can, driving your hips forward while reaching your arms into the air over your head. Upon landing, bend your knees right back into the squat position. Perform a set of 8.

Okay, now you've done one round!
Two more to go. Train hard, play hard!

Note: If you are suffering from a knee problem or a lower back problem, take caution and get clearance from your physician before you proceed.

Model: Maria Lebouef

exercise

1



exercise

2



exercise

3

