



WORKOUT PROGRAM



Total Body Workout: Advanced

This routine was developed by staff members in the U.S. Army's World Class Athlete Program. The program incorporates free weights, universal machines, and equipment dedicated to specific exercises, so gym access is recommended. Make sure that you begin with a workload that you're comfortable with, and build your strength from there.

Exercise Disclaimer:

The exercises provided by U.S. Army's World Class Athlete Program are not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. You should consult a physician in all matters relating to your health, and particularly in respect to any symptoms that may require diagnosis or medical attention.

Monday/Wednesday/Friday

Plyo Jumps with Box 6 sets 10 reps

Required Equipment: Plyo box

Stand at the edge of a Plyo box in a quarter to half-squat. Step off the box and land in a 90-degree squat position, then explode out of the squat and land solidly in another squat.

Leg Extensions 3 sets 20/15/10 reps

Required Equipment: Leg extension machine

Sit on the machine and place your feet behind the roller pad. Raise your legs until they're straight, then lower and repeat.

Leg Press 3 sets 30/20/15 reps

Required Equipment: Leg press machine

Sit with your back squarely against the pad and feet against the platform. Lower the weight, bringing your knees to the sides of your chest, then push the platform up and repeat. Maintain a slight bend in your knees throughout the exercise.

