



4-WEEK

**LOWER BODY
EXPLOSIVENESS**

Equipment:





PLAN INTRODUCTION

The 4-week Lower Body Explosiveness Challenge is a program led by a professional fitness coach, specifically designed for men to improve their lower body strength, power, and explosiveness. The program consists of a variety of exercises targeting muscles such as the glutes, hamstrings, quads, and calves, using both bodyweight and resistance equipment. Participants will also receive guidance on proper form, technique, and rest, and recovery strategies to minimize the risk of injury and maximize results. This challenge is suitable for competitive athletes, weekend warriors, or anyone looking to enhance their fitness and wellness.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN

WEEK 1

DAY 1

- Warm-up: 5-10 minutes of jogging or jumping jacks
- Squat Jumps - 3 sets of 10 reps
- Bulgarian Split Squats - 3 sets of 10 reps each leg
- Romanian Deadlifts - 3 sets of 10 reps
- Standing Calf Raises - 3 sets of 15 reps
- Box Jumps - 3 sets of 10 reps
- Cool-down: 5-10 minutes of stretching

DAY 2

- Warm-up: 5-10 minutes of jogging or jumping jacks
- Walking Lunges - 3 sets of 10 reps each leg
- Glute Bridges - 3 sets of 10 reps
- Leg Press - 3 sets of 10 reps
- Seated Calf Raises - 3 sets of 15 reps
- Broad Jumps - 3 sets of 10 reps
- Cool-down: 5-10 minutes of stretching

DAY 3

**REST
DAY**

DAY 4

- Warm-up: 5-10 minutes of jogging or jumping jacks
- Squats - 3 sets of 10 reps
- Deadlifts - 3 sets of 10 reps
- Leg Extensions - 3 sets of 10 reps
- Donkey Calf Raises - 3 sets of 15 reps
- Plyometric Box Step-ups - 3 sets of 10 reps each leg
- Cool-down: 5-10 minutes of stretching

DAY 5

- Warm-up: 5-10 minutes of jogging or jumping jacks
- Reverse Lunges - 3 sets of 10 reps each leg
- Hip Thrusts - 3 sets of 10 reps
- Single Leg Press - 3 sets of 10 reps each leg
- Toe Raises - 3 sets of 15 reps
- Power Skips - 3 sets of 10 reps
- Cool-down: 5-10 minutes of stretching

DAY 6

**REST
DAY**

WORKOUT PLAN



WEEK 2

DAY 7

- Warm-up: 5-10 minutes of jogging or jumping jacks
- Squat Jumps - 3 sets of 10 reps
- Bulgarian Split Squats - 3 sets of 10 reps each leg
- Romanian Deadlifts - 3 sets of 10 reps
- Standing Calf Raises - 3 sets of 15 reps
- Box Jumps - 3 sets of 10 reps
- Cool-down: 5-10 minutes of stretching

DAY 1

- Warm-up: 5 minutes of light cardio (e.g. jogging, jumping jacks)
- 3 sets of 10 reps of barbell squats
- 3 sets of 10 reps of walking lunges with dumbbells
- 3 sets of 10 reps of box jumps
- 3 sets of 20-second sprints on the treadmill
- Cool-down: 5 minutes of stretching (e.g. hamstring stretch, quad stretch)

DAY 2

- Warm-up: 5 minutes of light cardio (e.g. jumping rope, jogging in place)
- 3 sets of 10 reps of deadlifts
- 3 sets of 10 reps of dumbbell step-ups
- 3 sets of 10 reps of jump squats
- 3 sets of 20-second sprints on the stationary bike
- Cool-down: 5 minutes of stretching (e.g. calf stretch, hip flexor stretch)

DAY 3

**REST
DAY**

DAY 4

- Warm-up: 5 minutes of light cardio (e.g. high knees, butt kicks)
- 3 sets of 10 reps of barbell hip thrusts
- 3 sets of 10 reps of Bulgarian split squats
- 3 sets of 10 reps of tuck jumps
- 3 sets of 20-second sprints on the rowing machine
- Cool-down: 5 minutes of stretching (e.g. quad stretch, glute stretch)

DAY 5

- Warm-up: 5 minutes of light cardio (e.g. jumping jacks, mountain climbers)
- 3 sets of 10 reps of single-leg deadlifts with dumbbells
- 3 sets of 10 reps of plyometric lunges
- 3 sets of 10 reps of lateral jumps over cones
- 3 sets of 20-second sprints on the elliptical machine
- Cool-down: 5 minutes of stretching (e.g. hamstring stretch, calf stretch)

WORKOUT PLAN



DAY 6

REST DAY

DAY 7

- Warm-up: 5 minutes of light cardio
- 3 sets of 10 reps of barbell front squats
- 3 sets of 10 reps of reverse lunges with dumbbells
- 3 sets of 10 reps of box jumps with resistance bands
- 3 sets of 20-second sprints on the stationary bike
- Cool-down: 5 minutes of stretching (e.g. hip flexor stretch, quad stretch)

WEEK 3

The workouts in week 3 will be similar to those in week 2, but you should try to increase the weight, resistance, or intensity of each exercise. For example, you can try using heavier weights for your squats and deadlifts, or adding a resistance band to your box jumps. Make sure to still incorporate rest days and proper stretching during your cool-down.

WEEK 4

The workouts in week 4 will also be similar to those in week 2, but you should aim to push yourself even harder than in previous weeks. You can try increasing the weight, reps, or resistance of your exercises, or adding an extra set or two. By this point, you should notice improvements in your lower body strength, power, and explosiveness. As always, make sure to listen to your body and rest as needed.





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