

FitPeak Lower-Body Power Program

Goal: Build strength, tone your legs, and sculpt powerful glutes.

Workout Structure

- **Frequency:** 2–3 times per week
 - **Sets & Reps:** 3–4 sets of 10–15 reps per exercise
 - **Rest:** 60–90 seconds between sets
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Exercises & Focus Areas

- **Squats** – Build quadriceps, hamstrings, glutes, and core strength
 - **Lunges** – Improve balance and unilateral leg strength
 - **Deadlifts** – Target hamstrings, glutes, and lower back
 - **Step-Ups** – Strengthen quads and glutes; enhance stability
 - **Bulgarian Split Squats** – Isolate legs for symmetry and strength
 - **Calf Raises** – Sculpt calves and improve lower leg endurance
 - **Glute Bridges / Hip Thrusts** – Activate and strengthen glutes
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Tips for Maximum Results

- Focus on **controlled movements** and proper form
 - Gradually **increase weights or resistance** for progressive overload
 - Combine with **high-protein meals** for recovery and growth
 - Include **dynamic warm-ups and stretches** to enhance mobility
 - Track weekly progress to monitor strength and endurance gains
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Call to Action: Transform your lower body today! Visit fitpeak.online or contact us at hello@fitpeak.online for personalized programs.