

# **SUPERHERO**

## **Bulking Program**

# **Lowerbody Power & Density Routine**

by  
**Greg O'Gallagher**

**KINOBODY**  
**FITNESS SYSTEMS**

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# Lowerbody Power & Density Routine

**Objective** – Increase lowerbody leg power and muscular density without adding size. The type of training we’re going to do is going to develop a more efficient nervous system.

This means you’ll be able to send more powerful nerve signals to your lower body. Instead of adding mass, you’ll be making the muscle you currently have more powerful.

This is great for guys that are happy with their current leg size, but want to become more athletic, functional and powerful.

This type of training is known as neural training and the key is to work in the 1-3 rep range. The reps are so low that very little, if any, hypertrophy will take place. Yet you will develop strength and power at a fast rate.

The exception, however, is the VMO and the calves. These two muscles benefit greatly from hypertrophy. It will balance out your leg development providing better proportion and a sleeker look.

For this reason I recommend doing higher reps on a) leg extensions with toes pointed out and b) calf raises. The VMO is the teardrop shaped muscle just above the inside of the knee.

You can perform this lowerbody workout in place of any of the leg workouts in the Superhero Bulking Program.

## Lowerbody Workout

1A) Weighted Pistol Squats: 3 sets of 2 reps per leg (30-60 seconds rest)

1B) Seated box jumps for height: 3 sets of 2 reps (3 minutes rest)

2A) Sumo Deadlifts: 2 sets of 2-3 reps (30-60 seconds rest)

2B) Leg Extensions (toes pointed out): 2 sets of 8-12 reps (3 minutes rest)

3A) Standing One Leg Calf Raises: 3 sets of 8-12 reps (2 minutes rest)

### Notes

If you can't perform pistol squats, do them onto a box. As you get stronger, move to a lower and lower box/bench. Eventually you will be able to go all the way down. If you need to assist yourself with object for balance, that is okay. But eventually, you want to work towards doing them freestanding.

The first component of this workout is weighted pistol squats and box jumps. Perform a heavy set of pistol squats for 2 reps per leg. Take 30-60 seconds and then perform 2 reps of box jumps.

For box jumps you will sit on a box (parallel) and jump up as high as possible. Just do 2 jumps, striving for maximum height. After you finish the box jumps, rest 3 minutes and go back to pistol squats. Complete a total of 3 sets.

Next you will perform a heavy set of sumo deadlifts. Do a couple warm up sets to build up to a challenging weight. Perform 2-3 reps of sumo deads, exploding up with proper form. Take 30-60 seconds and perform a 8-12 rep set of leg extensions pointed your toes out at the top. Rest 3 minutes and repeat. Do a total of 3 sets.

Finally you will finish off with calf raises. Use a weight you can do for 8-12 reps. Perform 3 sets with 2 minutes rest. When you can do all 3 sets for 12 reps, increase the weight.

## **Substitutions**

If you don't have access to a leg extension machine, you can perform front foot elevated split squats instead.

If you want to switch up sumo deadlifts, you can do power cleans (this will add less lowerbody muscle than sumo deadlifts). Another option would be to do rack deadlifts, set the barbell in a power rack on pins just below your knee. This will develop lots of back strength.

You can also mix up the jumping variation. Instead of seated box jumps for height, you can do jumps onto a box. I like to jump as high as possible and land on a box with my legs as straight as possible. In fact, I have worked up to a 33" box landing with my legs fully straight. This is a killer vertical.

You can also do depth jump. Step off a 15-20" box, and as soon as you land, jump back up as high as possible.

Finally, instead of doing pistol squats, you can do barbell back squats. I'd recommend using a lighter weight and exploding up

as fast as possible. This will limit muscle growth and translate best to sprinting and jumping. So if you're doing sets of 2 reps, I'd suggest using a weight you can do for 6-8.

When you explode up as fast as possible you generate maximum force, regardless if the weight you're lifting is extremely challenging or not.