

"The Lower Body List"

If you're an avid gym-goer, try to ea

Meet or exceed the standards for your age, and you'll p

who train serio

Reaching 70% of the norms qua

Hitting the 90th percentile puts you in the

MY LIST LOWER BODY CHALLENGE As with the other challenges, I want to pick movements are many great lower-body exercises, but I narrowed it down to three that target key ar

These three movements were chosen because together they cover the essential functions of lower-body strer **Goblet or Zercher Squat:** Builds deep core stability and reinforces proper squat mechanics while strengthe

Hex Bar Deadlift: Trains the posterior chain—glutes, hamstrings, and lower back—while emphasizing hip

Calf Raise: Targets the calves and ankle stabilizers, crucial for propulsion, balance, and lower-leg duranc Collectively, they develop strength through the major movement patterns of the lower body—squat, hinge, & performance.

Category

Women (5 reps)

Beginner

0.5 × bodyweight

Intermediate

0.75 × bodyweight

Advanced

1.0 × bodyweight

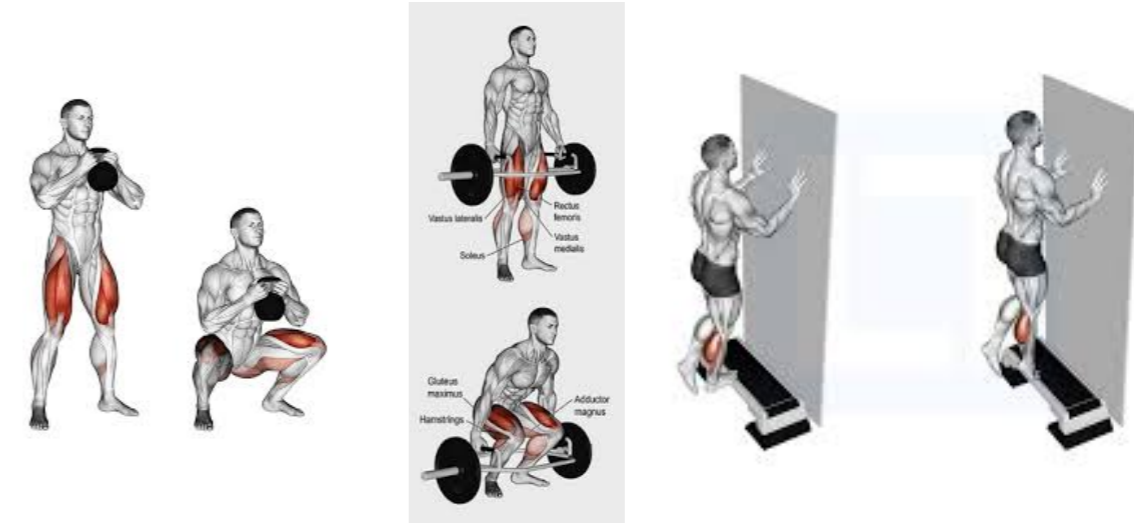
Elite

1.25 × bodyweight+

Do the tests. Meet the mark. Report Results to Fittec@me.com. Make the list. Earn the truth.

Disclaimer: Only attempt the exercises and challenges in this program if you are in good health and are already accustomed to these types of exercises. Participation is at your own risk.

Fit Table						
Muscular Endurance Exercise Test (reps or seconds)	Female : <40 yrs.	Male : <40 yrs.	Female : <=50 yrs.	Male : <=50 yrs.	Female : >50 yrs.	Male : >50 yrs.
Goblet or Zercher Squat	.22x BW for 5 reps	.30x BW for 5 reps	.20x BW for 5 reps	.28x BW for 5 reps	.16x BW for 5 reps	.24x BW for 5 reps
Hex Bar Deadlift	.75x BW for 5 reps	1.25x BW for 5 reps	.6x BW for 5 reps	1.0x BW for 5 reps	.5x BW for 5 reps	.8x BW for 5 reps
Single Leg Calf Raises off Step	30 reps	30 reps	25 reps	25 reps	20 reps	20 reps
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Goblet or Zercher Squat	.25x BW for 5 reps	.35x BW for 5 reps	.22x BW for 5 reps	.30x BW for 5 reps	.18x BW for 5 reps	.28x BW for 5 reps
Hex Bar Deadlift	1.0x BW for 5 reps	1.5x BW for 5 reps	.8x BW for 5 reps	1.25x BW for 5 reps	.65x BW for 5 reps	1.0 BW for 5 reps
Standing Calf Machine 1.5x Bodyweight for men and 1.25x Bodyweight females	20 reps	20 reps	15 reps	15 reps	10 reps	10 reps



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