

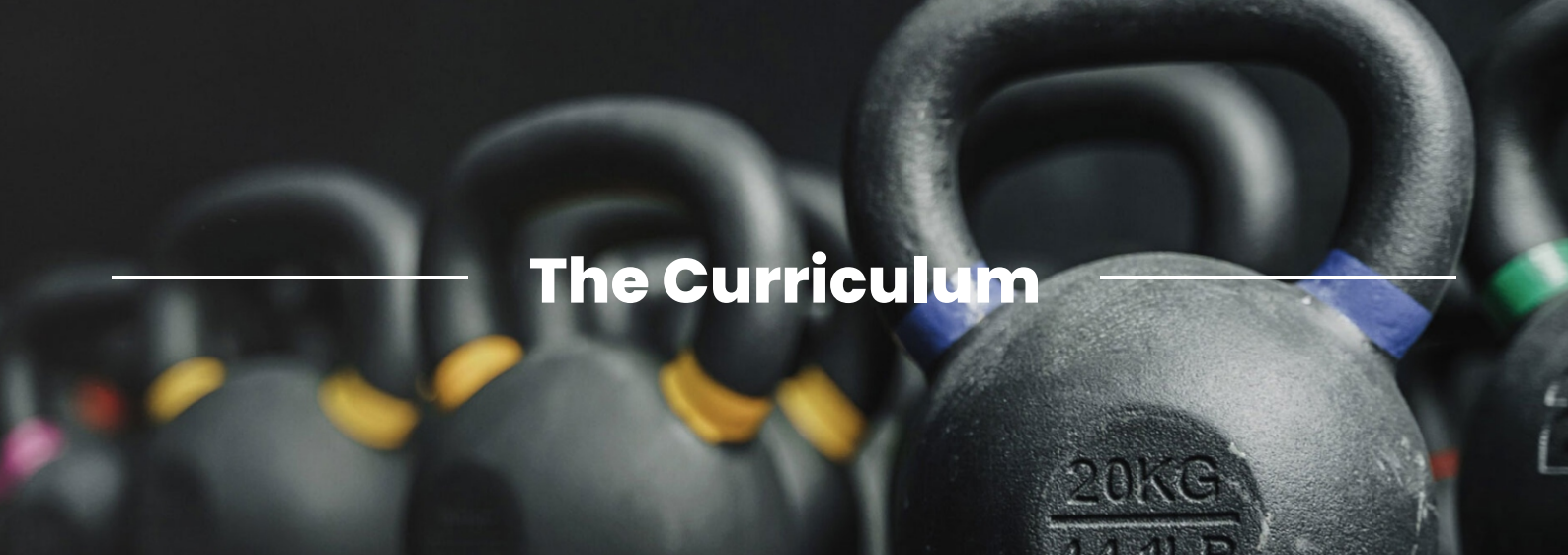


KEEPING YOU STRONG

Sustained Strength 102 : Intro to Dumbbells – Lower Body

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TiremeFit.com



The Curriculum

Curriculum Overview

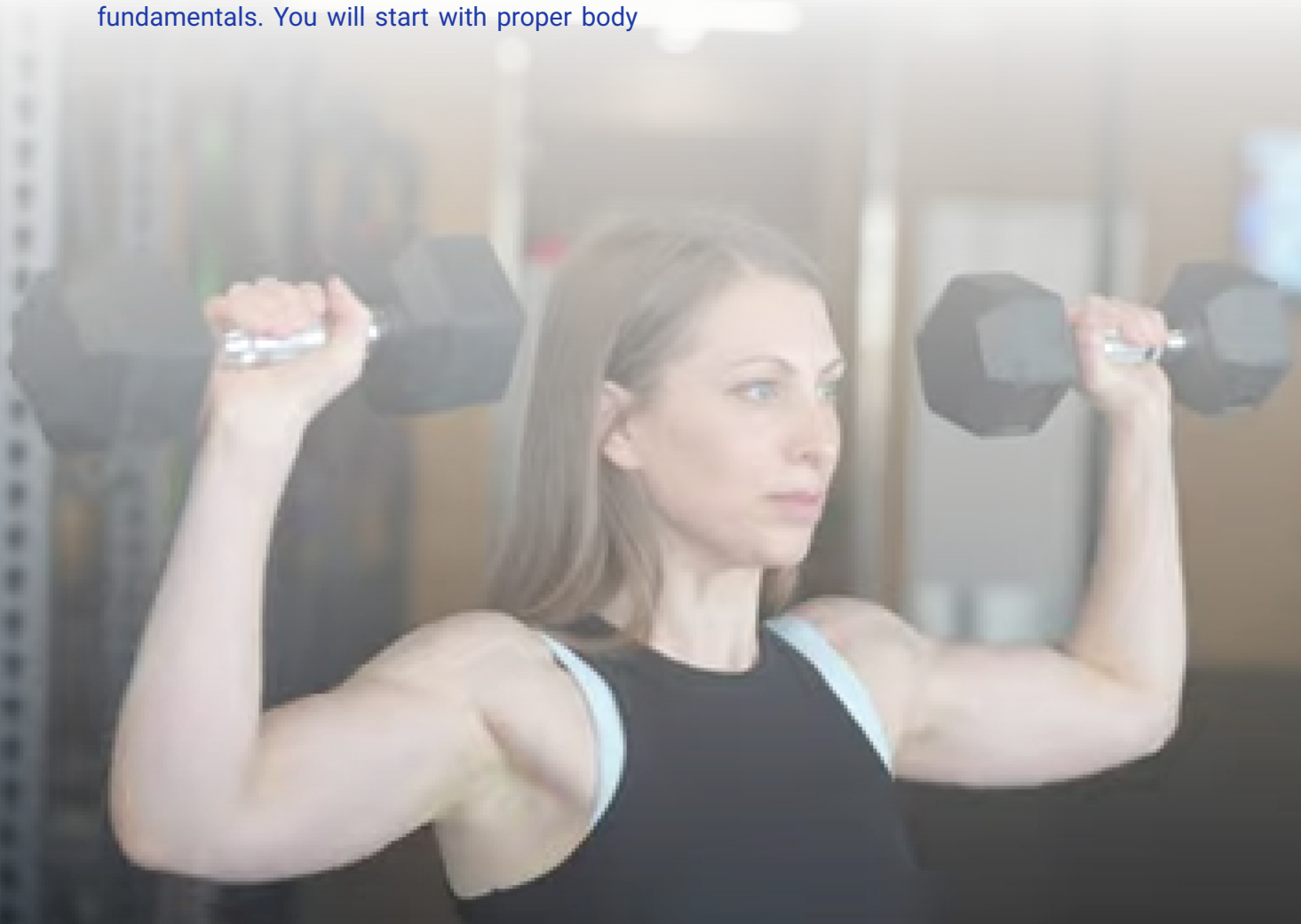
Welcome to The Curriculum from Sustained-Strength.com. This is a new approach to your peak fitness. This isn't a typical online workout program, it is a customized fitness education modeled on a university degree.

Just like a university education, you will choose a major and minor and we will design specific coursework for you in the gym to achieve your goals.

- The courses become more challenging as you become more fit. The 100 series is all about the fundamentals. You will start with proper body

mechanics, test your mobility, while we coach you through a full range of motion. You will then develop the fundamental exercise knowledge that you need to meet your goals, while we guide you through the tools and techniques that will enable your progress.

- During the 200 series effort and intensity increase as you grow your work capacity and broaden your range of exercise mastery;
- During the 300 series you will start to specialize toward your major and minor goals;
- During the 400 series you will choose a graduation date and we will tailor your program for you to hit your chosen peak fitness goals on that date.





Course Description

Sustained-Strength 102 (SS-102) is a 4-week free course of simple but effective dumbbell exercises that will develop your body, with emphasis on your legs. SS-102 is programmed for three resistance workouts per week, giving you the option for a fourth day per week of lower body mobility work drawn from the SS-101 course. After gaining a solid understanding of various ways to train your legs with dumbbells, you will move on to the upper body pushing movements in SS-103, the upper body pulling movements in SS-104, and round it out with arms and core work in SS-105.

Video tutorials

Each exercise includes a free linked technique tutorial on YouTube. The course intro video will get you started: https://youtu.be/YTG_V25fkJs

Learning objective

The SS-102 course focuses on the foundation of your power, balance, and athleticism—your legs. You will learn small but important alterations to some of the most common leg training movements, giving you not only an effective workout but also an education on how your lower body works. Each of the three workouts hits the major muscles of the legs directly to improve mobility, minimize injury risk, maximize power output, and reduce joint wear.

Why we care about our legs

Your legs are not only the largest and strongest muscles of your body, but proper leg movement also protects your knees, hips, and lower back from injury. Almost every compound weight lifting exercise requires powerful legs to generate power and stabilize your body. If you are also looking to

burn excess calories, few workouts can match a tough leg day. The workouts only run about 45 minutes and can be broken into mini-sessions that focus on resistance or mobility training.

This course is unique because it focuses on only one bodypart for four weeks. We do that because many lifters neglect their legs, leg workouts can be very taxing for lifters returning to the gym after a long layoff, and—frankly—there is so much to learn for a balanced leg program.

Course duration

Three workouts per week, for four weeks. A total of twelve workouts with the option to add additional mobility work.

Advancement criteria

In SS-102 you will gauge the intensity of your output with a concept called reps in reserve (RIR). In the last week of SS-102 you will test your improved lower body strength. You must achieve at least a 10% improvement in strength (measured either as a 10% increase in repetitions or a 10% increase in weight) across all of the SS-102 exercises to advance to the next course. RIR will allow you to safely get close to your true maximum output, aka failure, without the injury risk or form degradation that often comes with true failure.

NEW TOOL: Reps in Reserve (RIR)

RIR is a measurement between 0 and 10 of how many reps you have in reserve until you would reach failure (the inability to complete another rep with good form). For example, if you do 8 reps of a weight that you can lift in good form for 10 reps, you have 2 RIR. In SS-102 you will use RIR to measure intensity and ensure that you are working hard enough to make progress.



WEEK 1

Workout 1 (Squat Emphasis)

Cross Friction Foam Rolling for Legs

1 set, Soleus 4 rotations each leg

 **YouTube** <https://youtu.be/a9uIHlgzmmI>

1 set, Rectus Femoris 4 rotations per leg

 **YouTube** <https://youtu.be/gjgb6je-z0A>

Dynamic Low Back Stretch

1 set, 5 rotations each leg

 **YouTube** <https://youtu.be/HOTpAkiPZb8>

Walking Runner's Lunge

1 set, 8 bodyweight reps per leg, alternating

 **YouTube** <https://youtube.com/shorts/dPHd35NzZcM>

Glute Bias Back Raise

1 set, 10 bodyweight reps

 **YouTube** <https://youtu.be/S7NGL2m4wVE>

Heel Elevated Goblet Squat

3 sets, 10 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/3QY2nwGh2cM>

B Stance Deadlift w/ Rotation

3 sets x 10 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/o2iw7V-wMsl>

**Date
Completed**

Quad Bias Split Squat

3 sets x 10 reps at 3 RIR, lbs

 **YouTube**

<https://youtube.com/shorts/FtvBE7g8qd8>

Single Leg Hip Thrust

3 sets x 10 bodyweight reps

 **YouTube**

<https://youtube.com/shorts/foU4Xb8XXcU>

WEEK 1

Workout 2 (Hinge Emphasis)

Cross Friction Foam Rolling for Legs

1 set, Vastus Medialis 4 rotations per leg

 **YouTube** https://youtube.com/shorts/IBErWHGJq_k

1 set, Vastus Lateralis 4 rotations per leg

 **YouTube** <https://youtube.com/shorts/UPRFrK0rta0>

Cossack Squat

2 sets, 16 bodyweight reps per side

 **YouTube** <https://youtube.com/shorts/2FhSNY8xRLA>

Banded Clamshell

1 set, 10 reps per leg

 **YouTube** <https://youtube.com/shorts/Hj-2r7OIXuE>

Dumbbell Romanian Deadlift

3 sets x 10 reps at 3 RIR, weight lbs

 **YouTube** <https://youtube.com/shorts/vH7fgQEI4Jk>

DB Reverse Lunges (Stabilized)

3 sets x 10 reps at 3 RIR, weight lbs

 **YouTube** <https://youtube.com/shorts/sPwHI53sfEw>

Lateral Step Up

3 sets x 10 bodyweight reps

 **YouTube** <https://www.youtube.com/watch?v=s3GtaoTuQXU>

**Date
Completed**

Heel Elevated Pulse Squat (pause at depth)

3 sets x 10 reps at 3 RIR, weight lbs

 **YouTube**

<https://youtube.com/shorts/zOxbbhUYGAU>



WEEK 1

Workout 3 (Unilateral Emphasis)

Banded Hip Extensions

1 set, 10 reps perpendicular to anchor, 2 sec hold

 **YouTube** https://youtube.com/shorts/g1O5RY1uK_0

1 set, 10 reps facing away from the anchor, 2 sec holds

 **YouTube** <https://youtu.be/eHt1tfqah8g>

1 set, 10 reps per leg quadruped position

 **YouTube** <https://youtube.com/shorts/ABkvfOpfwK0>

Walking Hamstring Stretch

1 set, 20 bodyweight strides

 **YouTube** <https://youtube.com/shorts/u8bL3kOh4SA>

Dynamic Runner's Lunge

1 set, 8 reps each side, 3 second hold each rep, 30 second hold final rep each side

 **YouTube** https://www.youtube.com/shorts/z1wHvYo_9sA

Asian Squat with Internal & External Rotation

1 set for 20 seconds, 8 knee rotations internal & external each side

 **YouTube** <https://www.youtube.com/shorts/b4D0jAQLtkY>

Hamstring Bias Back Raise

3 sets x 10 bodyweight reps

 **YouTube** <https://youtu.be/SZhZI-Xv5yY>

Glute Bias Bulgarian Split Squat

3 sets x 10 reps at 3 RIR, weight lbs

 **YouTube** https://youtube.com/shorts/b_dB4eHKCxY

Date Completed

Stabilized Single Leg Deadlift

3 sets x 10 reps at 3 RIR, weight lbs

 **YouTube** <https://youtu.be/PFf1x53sgOM>

Sissy Squat

2 sets x 10 bodyweight reps

 **YouTube** https://youtube.com/shorts/pSuEqO_4vuA



WEEK 2

Workout 4 (Squat Emphasis)

Cross Friction Foam Rolling for Legs

1 set, Soleus 5 rotations each

 **YouTube** <https://youtu.be/a9uIHlgzmmI>

1 set, Rectus Femoris 5 rotations per leg

 **YouTube** <https://youtu.be/gjgb6je-z0A>

Dynamic Low Back Stretch

1 set, 6 rotations each leg

 **YouTube** <https://youtu.be/HOTpAkiPZb8>

Walking Runner's Lunge

1 set, 10 bodyweight reps per leg, alternating

 **YouTube** <https://youtube.com/shorts/dPHd35NzZcM>

Glute Bias Back Raise

1 set, 12 bodyweight reps

 **YouTube** <https://youtu.be/S7NGL2m4wVE>

Heel Elevated Goblet Squat

3 sets, 12 reps at 3 RIR, weight lbs

 **YouTube** <https://youtube.com/shorts/3QY2nwGh2cM>

B Stance Deadlift w/ Rotation

3 sets x 12 reps at 3 RIR, weight lbs

 **YouTube** <https://youtube.com/shorts/o2iw7V-wMsl>

**Date
Completed**

Quad Bias Split Squat

3 sets x 12 reps at 3 RIR, weight lbs

 **YouTube**

<https://youtube.com/shorts/FtvBE7g8qd8>

Single Leg Hip Thrust

3 sets x 12 bodyweight reps

 **YouTube**

<https://youtube.com/shorts/foU4Xb8XXcU>



WEEK 2

Workout 5 (Hinge Emphasis)

Cross Friction Foam Rolling for Legs

1 set, Vastus Medialis 5 rotations per leg

 **YouTube** https://youtube.com/shorts/IBErWHGJq_k

1 set, Vastus Lateralis 5 rotations per leg

 **YouTube** <https://youtube.com/shorts/UPRFrK0rta0>

Cossack Squat

2 sets, 18 bodyweight reps per side

 **YouTube** <https://youtube.com/shorts/2FhSNY8xRLA>

Banded Clamshell

1 set, 12 reps per leg

 **YouTube** <https://youtube.com/shorts/Hj-2r7OIXuE>

Dumbbell Romanian Deadlift

3 sets x 12 reps at 3 RIR, weight lbs

 **YouTube** <https://youtube.com/shorts/vH7fgQEI4Jk>

DB Reverse Lunges (Stabilized)

3 sets x 12 reps at 3 RIR, weight lbs

 **YouTube** <https://youtube.com/shorts/sPwHI53sfEw>

Lateral Step Up

3 sets x 12 bodyweight reps

 **YouTube** <https://www.youtube.com/watch?v=s3GtaoTuQXU>

**Date
Completed**

Heel Elevated Pulse Squat (pause at depth)

3 sets x 12 reps at 3 RIR, weight lbs

 **YouTube**

<https://youtube.com/shorts/zOxbbhUYGAU>



WEEK 2

Workout 6 (Unilateral Emphasis)

Banded Hip Extensions

1 set, 12 reps perpendicular to anchor, 2 sec hold

 **YouTube** https://youtube.com/shorts/g1O5RY1uK_0

1 set, 12 reps facing away from the anchor, 2 sec holds

 **YouTube** <https://youtu.be/eHt1tfqah8g>

1 set, 12 reps per leg quadruped position

 **YouTube** <https://youtube.com/shorts/ABkvfOpfwK0>

Walking Hamstring Stretch

1 set, 25 bodyweight strides

 **YouTube** <https://youtube.com/shorts/u8bL3kOh4SA>

Dynamic Runner's Lunge

1 set, 10 reps each side, 3 second hold each rep, 30 second hold final rep each side

 **YouTube** https://www.youtube.com/shorts/z1wHvYo_9sA

Asian Squat with Internal & External Rotation

1 set for 30 seconds, 8 knee rotations internal & external each side

 **YouTube** <https://www.youtube.com/shorts/b4D0jAQLtkY>

Hamstring Bias Back Raise

3 sets x 12 bodyweight reps

 **YouTube** <https://youtu.be/SZhZI-Xv5yY>

Glute Bias Bulgarian Split Squat

3 sets x 12 reps at 3 RIR, lbs

 **YouTube** https://youtube.com/shorts/b_dB4eHKCxY

**Date
Completed**

Stabilized Single Leg Deadlift

3 sets x 12 reps at 3 RIR, weight lbs

 **YouTube**

<https://youtu.be/PFf1x53sgOM>

Sissy Squat

2 sets x 12 bodyweight reps

 **YouTube**

https://youtube.com/shorts/pSuEqO_4vuA



WEEK 3

Workout 7 (Squat Emphasis)

Cross Friction Foam Rolling for Legs

1 set, Soleus 6 rotations each

 **YouTube** <https://youtu.be/a9uIHlgzmmI>

1 set, Rectus Femoris 6 rotations per leg

 **YouTube** <https://youtu.be/gjgb6je-z0A>

Dynamic Low Back Stretch

1 set, 8 rotations each leg

 **YouTube** <https://youtu.be/HOTpAkiPZb8>

Walking Runner's Lunge

1 set, 12 bodyweight reps per leg, alternating

 **YouTube** <https://youtube.com/shorts/dPHd35NzZcM>

Glute Bias Back Raise

1 set, 15 bodyweight reps

 **YouTube** <https://youtu.be/S7NGL2m4wVE>

Heel Elevated Goblet Squat

3 sets, 15 reps at 3 RIR, weight lbs

 **YouTube** <https://youtube.com/shorts/3QY2nwGh2cM>

B Stance Deadlift w/ Rotation

3 sets x 15 reps at 3 RIR, weight lbs

 **YouTube** <https://youtube.com/shorts/o2iw7V-wMsl>

**Date
Completed**

Quad Bias Split Squat

3 sets x 15 reps at 3 RIR, weight lbs

 **YouTube**
<https://youtube.com/shorts/FtvBE7g8qd8>

Single Leg Hip Thrust

3 sets x 15 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/foU4Xb8XXcU>



WEEK 3

Workout 8 (Hinge Emphasis)

Cross Friction Foam Rolling for Legs

1 set, Vastus Medialis 6 rotations per leg

 **YouTube** https://youtube.com/shorts/IBErWHGJq_k

1 set, Vastus Lateralis 6 rotations per leg

 **YouTube** <https://youtube.com/shorts/UPRFrK0rta0>

Cossack Squat

2 sets, 20 bodyweight reps per side

 **YouTube** <https://youtube.com/shorts/2FhSNY8xRLA>

Banded Clamshell

1 set, 15 reps per leg

 **YouTube** <https://youtube.com/shorts/Hj-2r7OIXuE>

Dumbbell Romanian Deadlift

3 sets x 15 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/vH7fgQEI4Jk>

DB Reverse Lunges (Stabilized)

3 sets x 15 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/sPwHI53sfEw>

Lateral Step Up

3 sets x 15 bodyweight reps

 **YouTube** <https://www.youtube.com/watch?v=s3GtaoTuQXU>

**Date
Completed**

Heel Elevated Pulse Squat (pause at depth)

3 sets x 15 reps at 3 RIR, lbs

 **YouTube**
<https://youtube.com/shorts/zOxbbhUYGAU>



WEEK 3

Workout 9 (Unilateral Emphasis)

Banded Hip Extensions

1 set, 15 reps perpendicular to anchor, 2 sec hold

 **YouTube** https://youtube.com/shorts/g1O5RY1uK_0

1 set, 15 reps facing away from the anchor, 2 sec holds

 **YouTube** <https://youtu.be/eHt1tfqah8g>

1 set, 15 reps per leg quadruped position

 **YouTube** <https://youtube.com/shorts/ABkvfOpfwK0>

Walking Hamstring Stretch

1 set, 30 bodyweight strides

 **YouTube** <https://youtube.com/shorts/u8bL3kOh4SA>

Dynamic Runner's Lunge

1 set, 12 reps each side, 3 second hold each rep, 30 second hold final rep each side

 **YouTube** https://www.youtube.com/shorts/z1wHvYo_9sA

Asian Squat with Internal & External Rotation

1 set for 45 seconds, 8 knee rotations internal & external each side

 **YouTube** <https://www.youtube.com/shorts/b4D0jAQLtkY>

Hamstring Bias Back Raise

3 sets x 15 bodyweight reps

 **YouTube** <https://youtu.be/SZhZI-Xv5yY>

Glute Bias Bulgarian Split Squat

3 sets x 15 reps at 3 RIR, lbs

 **YouTube** https://youtube.com/shorts/b_dB4eHKCXY

**Date
Completed**

Stabilized Single Leg Deadlift

3 sets x 15 reps at 3 RIR, weight lbs

 **YouTube**

<https://youtu.be/PFf1x53sgOM>

Sissy Squat

2 sets x 15 bodyweight reps

 **YouTube**

https://youtube.com/shorts/pSuEqO_4vuA



WEEK 4

Workout 10 (Squat Emphasis)

Cross Friction Foam Rolling for Legs

1 set, Soleus 8 rotations each

 **YouTube** <https://youtu.be/a9uIHlgzmmI>

1 set, Rectus Femoris 8 rotations per leg

 **YouTube** <https://youtu.be/gjgb6je-z0A>

Dynamic Low Back Stretch

1 set, 10 rotations each leg

 **YouTube** <https://youtu.be/HOTpAkiPZb8>

Walking Runner's Lunge

1 set, 15 bodyweight reps per leg, alternating

 **YouTube** <https://youtube.com/shorts/dPHd35NzZcM>

Glute Bias Back Raise

1 set, 20 bodyweight reps

 **YouTube** <https://youtu.be/S7NGL2m4wVE>

Heel Elevated Goblet Squat

3 sets, 12 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/3QY2nwGh2cM>

B Stance Deadlift w/ Rotation

3 sets x 12 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/o2iw7V-wMsl>

**Date
Completed**

Quad Bias Split Squat

3 sets x 12 reps at 3 RIR, lbs

 **YouTube**
<https://youtube.com/shorts/FtvBE7g8qd8>

Single Leg Hip Thrust

3 sets x 20 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/foU4Xb8XXcU>

Note:

In week four you are decreasing your reps in reserve (RIR) for your dumbbell exercises. This is your opportunity to increase the weight of your dumbbells, aim for at least a 10 % increase of the weight loads you did on week one. Preserve good form while pushing yourself to assess your true strength gains.



WEEK 4

Workout 11 (Hinge Emphasis)

Cross Friction Foam Rolling for Legs

1 set, Vastus Medialis 8 rotations per leg

 **YouTube** https://youtube.com/shorts/IBErWHGJq_k

1 set, Vastus Lateralis 8 rotations per leg

 **YouTube** <https://youtube.com/shorts/UPRFrK0rta0>

Cossack Squat

2 sets, 25 bodyweight reps per side

 **YouTube** <https://youtube.com/shorts/2FhSNY8xRLA>

Banded Clamshell

1 set, 20 reps per leg

 **YouTube** <https://youtube.com/shorts/Hj-2r7OIXuE>

Dumbbell Romanian Deadlift

3 sets x 12 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/vH7fgQEI4Jk>

DB Reverse Lunges (Stabilized)

3 sets x 12 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/sPwHI53sfEw>

Lateral Step Up

3 sets x 20 bodyweight reps

 **YouTube** <https://www.youtube.com/watch?v=s3GtaoTuQXU>

**Date
Completed**

Heel Elevated Pulse Squat (pause at depth)

3 sets x 12 reps at 3 RIR, lbs

 **YouTube**
<https://youtube.com/shorts/zOxbbhUYGAU>



WEEK 4

Workout 12 (Unilateral Emphasis)

Banded Hip Extensions

1 set, 18 reps perpendicular to anchor, 2 sec hold

 **YouTube** https://youtube.com/shorts/g1O5RY1uK_0

1 set, 18 reps facing away from the anchor, 2 sec holds

 **YouTube** <https://youtu.be/eHt1tfqah8g>

1 set, 18 reps per leg quadruped position

 **YouTube** <https://youtube.com/shorts/ABkvfOpfwK0>

Walking Hamstring Stretch

1 set, 30 bodyweight strides

 **YouTube** <https://youtube.com/shorts/u8bL3kOh4SA>

Dynamic Runner's Lunge

1 set, 15 reps each side, 3 second hold each rep, 30 second hold final rep each side

 **YouTube** https://www.youtube.com/shorts/z1wHvYo_9sA

Asian Squat with Internal & External Rotation

1 set for 60 seconds, 8 knee rotations internal & external each side

 **YouTube** <https://www.youtube.com/shorts/b4D0jAQLtkY>

Hamstring Bias Back Raise

3 sets x 20 bodyweight reps

 **YouTube** <https://youtu.be/SZhZI-Xv5yY>

Glute Bias Bulgarian Split Squat

3 sets x 12 reps at 3 RIR, lbs

 **YouTube** https://youtube.com/shorts/b_dB4eHKCxY

**Date
Completed**

Stabilized Single Leg Deadlift

3 sets x 12 reps at 3 RIR, weight lbs

 **YouTube**

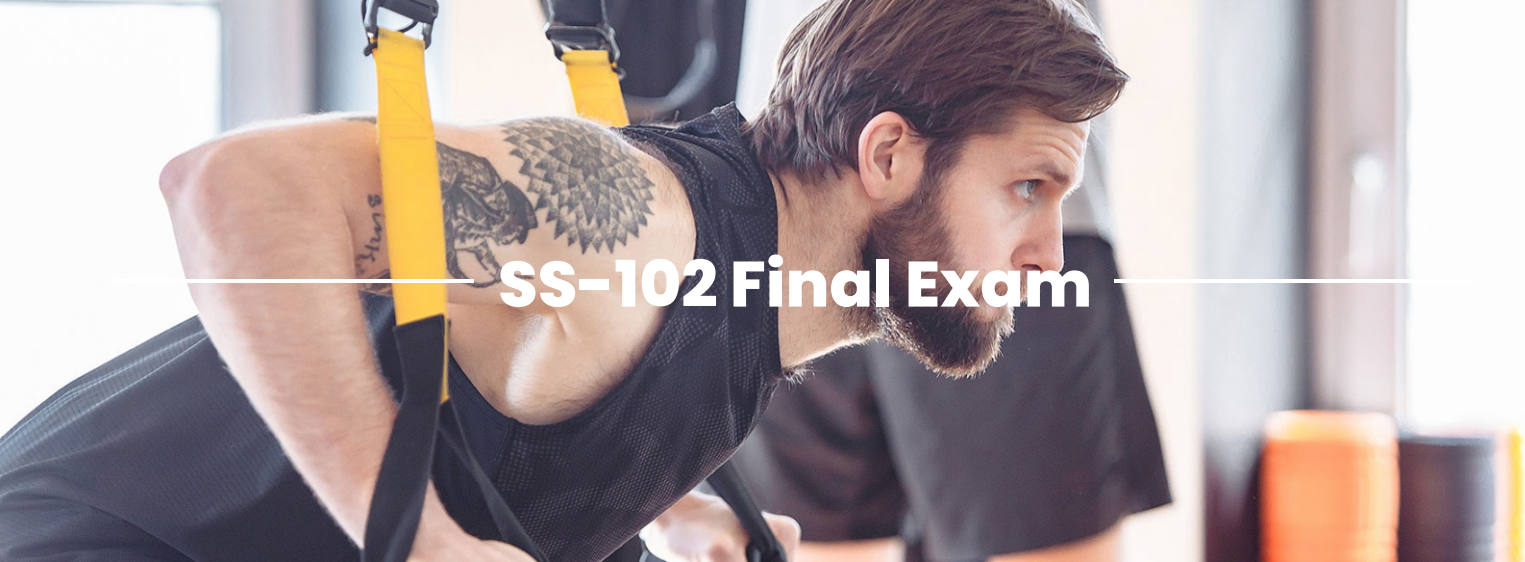
<https://youtu.be/PFf1x53sgOM>

Sissy Squat

2 sets x 18 bodyweight reps

 **YouTube**

https://youtube.com/shorts/pSuEqO_4vuA



SS-102 Final Exam

SS-102 Final Exam

Once you have completed the fourth, and final, week of SS-102 you have two options to assess your readiness to advance to SS-103, Intro to Dumbbells - Upper Body Push:

Option 1

Advance by Weight (Load)

You have been using RIR throughout SS-102 to ensure that you are gradually increasing the weight on a given exercise while remaining safely a few reps short of true failure. Over the four weeks that should result in your ability to do the same lift on week four that you did on week one, with the same RIR, yet with increased weight. If at the end for week four that increase is 10% or greater than your week one baseline, congratulations, you advance to SS-103.

Option 2

Advance by Reps (Volume)

RIR works for reps just as easily as weight. Over the four weeks that should result in your ability to do the same lift on week four that you did on week one, with the same RIR, yet with increased reps. If at the end for week four that increase is 10% or greater than your week one baseline, congratulations, you advance to SS-103.

What if I didn't meet the advancement criteria?

If you did not progress at least 10% across each SS-102 exercise in either weight or reps, no problem. Simply run the course (it's free) for another two weeks until you meet the advancement criteria. If you didn't meet the advancement criteria in only a handful of exercises, feel free to advance to SS-103 but add your lagging SS-102 exercises to your SS-103 program to give yourself added time to meet your advancement criteria.

Contact Us!

Any questions on form, reps, technique, RIR, tempo, rest times, recovery—or anything else—hit the contact tab on our website. We typically reply to messages within one business day.
<https://sustained-strength.com/contact-sustained-strength-online-fitness-coaching/>