



SQUAT FOCUS

QUADS • GLUTES • CALVES

WELCOME

Welcome to JWS Fitness — and to The JWS Performance System.

This guide shares the training structure I've personally used throughout my own fitness journey. I'm not a certified personal trainer or medical professional, and this isn't intended to replace professional advice.

It's simply the program that has worked well for me — and something I wanted to share with the community.

Whether you're looking to build strength, improve consistency or simply enjoy training, I hope this guide gives you some structure and motivation. You're not being coached from above here — you're training alongside me.

TRAIN SMART ♦ STAY CONSISTENT ♦ ENJOY THE JOURNEY

— **Shannon**

WHAT'S INSIDE

SQUAT FOCUS — QUADS / GLUTES / CALVES

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• THE FULL SYSTEM

THE JWS PERFORMANCE SYSTEM — ONE EBOOK PER DAY

DAY 01	Squat Focus — Quads · Glutes · Calves	THIS BOOK
DAY 02	Chest & Triceps — Push Strength	
DAY 03	Back & Biceps — Pull Strength	
DAY 04	5 km Performance Run — Conditioning	
DAY 05	Deadlift Focus — Posterior Chain	
DAY 06	Shoulders & Core — Stability · Strength	

THE JWS METHOD

HOW I APPROACH EVERY WEEK

TRAIN.

Show up and do the work. I chase progressive overload — a little more weight, one more rep, slightly better form than last week. Small wins, stacked relentlessly.

FUEL.

Food is fuel, not the enemy. Protein with every meal, water within reach all day, and enough on the plate to actually support the training. I don't earn food — I use it.

PERFORM.

Every session gets logged. Weights, reps, how it felt. What gets measured improves — the numbers keep me honest on the days motivation doesn't show up.

REPEAT.

Consistency beats intensity, every time. Six training days, one rest day, every week. The system only works if you keep showing up — so that's the whole job.

SQUAT FOCUS

QUADS / GLUTES / CALVES

6 EXERCISES · ~50 MIN · 4-WEEK PROGRAM

WARM-UP — 7 MIN

01 Assault bike — 7 min, steady pace

THE PROGRAM — 4-WEEK PROGRESSION

HOW I RUN THIS PROGRAM

I repeat this day each week for four weeks, adding weight as the reps come down: **WK 1** ×15 → **WK 2** ×12 → **WK 3** ×8 → **WK 4** ×12 — with the main lift switching to heavy **5×5** strength work.

1 Barbell Back Squat

TARGETS: QUADS · GLUTES

4×15	4×12	4×8	5×5
WK 1	WK 2	WK 3	WK 4



TEMPO 3-1-1 ♦ REST 90s ♦ INTERMEDIATE ♦ BARBELL · RACK

♦ **Cue:** Brace your core before you descend — big breath, ribs down, then drive up through the mid-foot.

WATCH FOR knees caving in · cutting depth short · heels lifting

No gear? Goblet squat · Leg press · Smith machine squat

SQUAT FOCUS

QUADS / GLUTES / CALVES

6 EXERCISES · ~50 MIN · 4-WEEK PROGRAM

THE PROGRAM — CONTINUED

2 Goblet Squat

TARGETS: QUADS · GLUTES



4×15	4×12	4×8	4×12
WK 1	WK 2	WK 3	WK 4

TEMPO 3-1-1 ♦ REST 75s ♦ BEGINNER ♦ DUMBBELL OR KETTLEBELL

♦ Cue: Hold the weight tight to your chest and keep your elbows inside your knees at the bottom.

WATCH FOR rounding the upper back · rushing the descent · shallow depth

No gear? Leg press · Hack squat · Bodyweight squat

♦ RECOVERY TIP

Squat day taxes the whole body — I aim for 7–9 hours of sleep tonight and keep water close all day. Sore quads tomorrow means gentle walking helps more than sitting still.

SQUAT FOCUS

QUADS / GLUTES / CALVES

6 EXERCISES • ~50 MIN • 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

SUPERSET • 4 ROUNDS

3 Bulgarian Split Squat

TARGETS: QUADS • GLUTES

4×15/leg

WK 1

4×12/leg

WK 2

4×8/leg

WK 3

4×12/leg

WK 4



TEMPO 2-1-1 ♦ INTERMEDIATE ♦ DUMBBELLS • BENCH

♦ **Cue:** Long stance, torso slightly forward — drive up through the front heel.

WATCH FOR front knee drifting in • bouncing at the bottom • pushing off the back leg

No gear? Reverse lunge • Step-up

4 Hip Thruster

TARGETS: GLUTES

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4



TEMPO 2-1-2 ♦ BEGINNER ♦ BARBELL • BENCH

♦ **Cue:** Tuck your chin and squeeze hard at the top for a full second.

WATCH FOR overarching the lower back • stopping short of lockout • feet too far forward

No gear? Glute bridge • Cable pull-through

5 Glute Kickback

TARGETS: GLUTES

4×15/leg

WK 1

4×12/leg

WK 2

4×8/leg

WK 3

4×12/leg

WK 4



TEMPO 2-1-2 ♦ BEGINNER ♦ CABLE OR BAND

♦ **Cue:** Move from the hip, not the lower back — a small, controlled arc beats a big swing.

WATCH FOR swinging for momentum • arching the back • rushing the reps

No gear? Banded kickback • Donkey kick

Rest 90s after each full round

SQUAT FOCUS

QUADS / GLUTES / CALVES

6 EXERCISES · ~50 MIN · 4-WEEK PROGRAM

THE PROGRAM — CONTINUED

6 Barbell Calf Raise

TARGETS: CALVES

4×15	4×12	4×8	4×12
WK 1	WK 2	WK 3	WK 4



TEMPO 2-2-1 ♦ REST 60s ♦ BEGINNER ♦ BARBELL OR SMITH MACHINE

♦ Cue: Full stretch at the bottom, pause, then rise all the way onto your toes.

WATCH FOR bouncing out of the stretch · partial range · rolling to the outside of the foot

No gear? Seated calf raise · Single-leg raise · Leg-press calf raise

♦ TECHNIQUE CHECKLIST

Before every squat set I run the same check: feet planted, big breath in, core braced, chest proud — then descend. Same setup, every set, every week.

SQUAT FOCUS

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6 EXERCISES · ~50 MIN · 4-WEEK PROGRAM

● **SESSION TRACKER** DATE ____ / ____ / ____

BODYWEIGHT

SLEEP HRS

WATER (L)

MOOD /5

ENERGY /5

DURATION

● **LIFT LOG**

EXERCISE	SET 1	SET 2	SET 3	SET 4
Barbell Back Squat	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Goblet Squat	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Bulgarian Split Squat	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Hip Thruster	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Glute Kickback	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Barbell Calf Raise	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___

PERSONAL BEST THIS SESSION

☐ Session complete

TODAY'S FOCUS

● **NOTES**

ONE THING I FOCUS ON

Add weight every week as the reps drop. Week 4 is the 5x5 strength test on the squat — I sink my hips and chase depth before load, every single rep.

RECOVERY PRINCIPLES

THE TRAINING YOU DON'T SEE

01 Sleep is where the growth happens

I aim for 7–9 hours. Training breaks the muscle down — sleep is when it rebuilds. Skipping it means training twice for half the result.

02 The rest day is part of the program

Day 7 isn't a reward — it's built in. Six days on, one day fully off. Take it without guilt; it's a given.

03 Easy movement beats the couch

When I'm sore, a gentle walk does more than sitting still ever will. Blood flow is recovery.

04 Hydrate all day, not just at the gym

Water bottle within reach from the moment I wake up. It's the cheapest performance upgrade there is.

05 Soreness is fine — pain is a signal

Muscle soreness comes with the work. Sharp or joint pain doesn't — that's my cue to back off and sort it before pushing on.

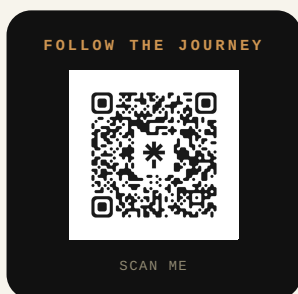


ABOUT SHANNON

G'day — I'm Shannon. I'm not a coach or a trainer; I'm just someone who fell in love with training and decided to document the whole journey.

The JWS Performance System is the exact program I follow week to week. Sharing it is my way of giving something back to the community that follows along — and hopefully making it easier for you to stay consistent too.

If you train with one of these guides, I'd genuinely love to hear how it goes.



GREAT WORK

You completed another workout.

Progress isn't built in one session — it's built by
showing up consistently.

Keep improving. Keep learning. Keep moving forward.

See you in the next workout.

TRAIN • FUEL • PERFORM



SCAN TO FOLLOW THE JOURNEY

JWS FITNESS

BEFORE YOU TRAIN

PLEASE READ — THE IMPORTANT STUFF

This guide is for educational purposes only. It documents my personal training program and experience. It is not medical advice, and I'm not a certified trainer, dietitian, physiotherapist or medical professional.

Check with your doctor first. Before beginning this or any exercise program, consult a qualified medical professional — especially if you have any existing injuries or health conditions.

Listen to your body. Exercise carries inherent risk. If you feel pain (not to be confused with normal training effort), stop the movement and seek appropriate advice before continuing.

Your training is your responsibility. By following this guide you participate voluntarily and accept responsibility for your own training decisions. Results vary from person to person, and no specific outcome is guaranteed.

Train smart, progress at your own pace, and enjoy the process.