



## Tuesday

### Legs

#### Advanced Trainee

Leg Extensions (6 sets of 12 Reps) – 30 sec Rest

Back Squats- (7,5,3- 7,5,3) 6 sets total – dropset on the 3<sup>rd</sup> set and the 6<sup>th</sup> set to failure (start with challenging weight and increase weight each set) (go back to your starting weight when you start the 4<sup>th</sup> set) Tempo- 4/1 (4 second negative (down) 1 second positive (up) (90-120 sec rest after each set)

#### **(Giant-Set)**

Leg Press (Close Toed) (straight)- Feet placed bottom of platform. (8 reps) (Heavy)  
SS

Leg Press (Wide Duck Stance) – feet high on platform toes are pointed out (15 Reps)  
(Drop weight from the 1<sup>st</sup> set slightly)

SS

Walking Lunges (Weighted) – (20 Reps)

SS

Bodyweight Squats (30 Reps)

4 Rounds – (90 sec rest after each round)

#### **(Giant-Set)**

Stiff Leg Deadlifts (8 Reps) (Heavy)

SS

Leg Curls (12 Reps)

SS

Swiss Ball Leg Curls (12 Reps)

SS

Sumo DB Squats (20 Reps)

4 Rounds (90 sec rest after each round)

#### Beginner Trainee

Leg Extensions (4 sets of 15 reps)

Back Squats (5,3,1- 5,3,1) 6 sets total dropset on the 3<sup>rd</sup> set and the 6<sup>th</sup> set to failure (start with challenging weight and increase weight each set) (go back to your starting weight when you start the 4<sup>th</sup> set) Tempo- 4/1 (4 second negative (down) 1 second positive (up) (90-120 sec rest after each set)

#### **(Giant-Set)**

Leg Press

SS

Walking Lunges

SS

Leg Extensions

SS

Leg Curls (4 Rounds Total – 90 sec rest between each round)