



Thursday (5/1)- Legs

Squats- 8 sets of 8 (challenging weight) 45 sec rest between sets

Leg Extensions- 15 reps

SS

One Legged Leg- Extensions- 8 reps each leg

4 sets – 40 sec rest between sets

DB Bench Step Ups- 4 sets of 15 each leg

SS

Walking Lunges (weighted)- 20 steps total

SS

Bodyweight Squats- 30 reps

4 sets- 40 sec rest between sets

Duck Press Leg Press- Wide Toes Angled out at top of platform- 8 reps

SS

Narrow Toed Leg Press- Toes Close together at bottom of platform -25 reps

3 sets – 75 sec rest between sets

Leg Curls-8 reps (heavy) 3 second negative 1 second positive

SS

Standing Calve Raises- 15 reps

Beginner

Leg Extensions- 4 sets of 8 reps heavy with dropset on last set

Narrow Toed Leg Press- 4 sets of 12 reps

Duck Press Leg Press- 4 set of 12 reps

Bodyweight Squats- 4 sets of 12 reps

Walking Lunges- 4 sets of 12 reps

Leg Curls- 4 sets of 12 reps

Back Squats- 4 sets of 12 reps

30 sec rest between each set