

## Mass Builder

Extra Lower Strength Workouts - Choose 1 Option and Complete

### Lower #1

Trap Bar Deadlift: 3x12

Dumbbell Lunge: 3x10 Each Leg

Barbell RDL: 3x10

Bulgarian Split Squat (Bench or Box): 2x8

Buck Up (Weighted/Band): 2x8

Heavy Sled Push: 5x20 yards

Heavy Sled Pull: 5x 20 yards

### Lower #2

Barbell Squat: 3x10

Barbell Split Squats: 3x10 each leg

Single Leg Buck Ups: 3x8 each leg

Dumbbell Reverse Lunge: 3x8 each leg

Physio Ball Leg Curl: 3x8

Body Squat to Calf Raise: 5x:45 seconds (optional: vest/chains)

### Lower #3

Pit-Shark / Leg Press: 3x12

Dumbbell Step Ups: 3x8 each leg

GHD: 3x8

TRX Lateral Lunge: 3x8 each leg

TRX Leg Curl: 3x8

Wall Sit: 3x1min

Calf Raises: 3x20