



Day 5

LEGS & GLUTES

Exercise 01 Leg Extension

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Legs Extensions	1	20 Light	Warm-Up - Full Flex / Contraction

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Legs Extensions	2 - 3	10 - 12 - 15 Mild - Heavy	Working Set, Strict Form Full Flex

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Legs Extensions	4	Heavy	Full On Set Till Failure