

Day 71: Legs

LEG EXTENSION (WARM-UP SETS)

Use light weight and stop each set short of failure.



Leg Extension

2 sets, 10 reps (rest 1 min.)

DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Leg Extension

5 sets, 30 reps (no rest)



Narrow-stance leg press

5 sets, 30, 25, 20, 15, 10 reps (no rest)



Hack Squat (Narrow Stance)

5 sets, 30, 25, 20, 15, 10 reps (rest 2 min.)

DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Seated Leg Curl

5 sets, 30 reps (no rest)



Leg Press

Use a wider than hip-width stance.

5 sets, 10, 15, 20, 25, 30 reps (no rest)



Hack Squat

Use a wider than hip-width stance.

5 sets, 10, 15, 20, 25, 30 reps (rest 2 min.)



Treadmill jogging

1 set, 15 min. Alternate 3 min. of easy jogging with 1 min. of harder jogging, or perform other cardio of your choice.

1 set, 15 mins