

## Day 8: Legs, Abs

### BARBELL BACK SQUAT (WARM-UP SETS)

Use light weight and stop each set short of failure.



#### Barbell back squat

2 sets, 10 reps (rest 1 min.)



#### Barbell back squat

Perform with a normal-width stance for the first 3 sets, and a wider-than-normal stance for the second 3 sets. See video for details.

6 sets, 14-18 reps (rest 90 sec.)



#### Leg Extension

4 sets, 14-18 reps (rest 1 min.)



#### Seated Leg Curl

4 sets, 14-18 reps (rest 1 min.)



#### Hack Squat

4 sets, 14-18 reps (rest 1 min.)



#### Seated Calf Raise

5 sets, 18-20 reps (rest 1 min.)

## Superset

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



### Feet-elevated oblique crunch

Perform with feet elevated in the air. See video for details.

4 sets, 10 reps (alternating, 5 reps per side, no rest)



### Feet-elevated crunch

Perform with feet elevated in the air. On the final rep, hold the top position for 10 seconds. See video for details.

4 sets, 10 reps (rest 1 min.)



### Treadmill jogging

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

1 set, 15 mins