

## Day 23: 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.)



#### Leg Extension

4 sets, 10-15 reps (rest 1 min.)



#### Leg Press

4 sets, 10-15 reps (rest 2 min.)



#### Hack Squat

4 sets, 10-15 reps (rest 90 sec.)



#### Smith machine back squat

Either stretch or flex your quads during your rest periods.

7 sets, 10-15 reps (rest 90 sec.)



#### Lying Leg Curl

4 sets, 8-10 reps (rest 90 sec.)



### Barbell stiff-legged deadlift

4 sets, 8-10 reps (rest 90 sec.)



### Seated Leg Curl

Either stretch or flex your hamstrings during your rest periods.

7 sets, 10-15 reps (rest 1 min.)



### Stationary bike

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

1 set, 15 mins