

Day 64: Legs

BARBELL BACK SQUAT TO BOX (WARM-UP SETS)

Use light weight and stop each set short of failure.



Barbell back squat to box

2 sets, 10 reps (rest 1 min.)



Barbell back squat to box

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 1 min.)

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Barbell back squat to box

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



Leg Extension

3 sets, 50 reps (rest 1 min.)



Hack Squat

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 90 sec.)

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Hack Squat

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



Seated Leg Curl

3 sets, 50 reps (rest 1 min.)



Cable Deadlift

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 90 sec.)

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a dropset.



Cable Deadlift

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

LEG PRESS CALF RAISE

Perform all of the reps on one side before switching to the other side. Don't rest between sides or sets.



Calf Press On The Leg Press Machine

Perform on the left side only.

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



Calf Press On The Leg Press Machine

Perform on the right side only.

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

LEG PRESS CALF RAISE

Perform all of the reps on one side before switching to the other side. Don't rest between sides or sets.



Calf Press On The Leg Press Machine

Perform on the left side only.

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



Calf Press On The Leg Press Machine

Perform on the right side only.

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



Elliptical trainer

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

1 set, 15 mins