

Day 78: Legs

SINGLE-LEG LEG PRESS (WARM-UP SETS)

Perform all of the reps on one side before switching to the other side. Use light weights and stop each set short of failure.



Single-Leg Leg Press

2 sets, 10 reps (left side, no rest)



Single-Leg Leg Press

2 sets, 10 reps (right side, no rest)

SINGLE-LEG LEG PRESS

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



Single-Leg Leg Press

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



Single-Leg Leg Press

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

SINGLE-LEG LEG PRESS

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



Single-Leg Leg Press

Perform with your foot high on the platform. See video for details.

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



Single-Leg Leg Press

Perform with your foot high on the platform. See video for details.

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

SPLIT SQUAT WITH DUMBBELLS

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



Bulgarian Split Squat

Perform holding a weight plate or dumbbell in front of your chest, if possible. See video for details.

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



Bulgarian Split Squat

Perform holding a weight plate or dumbbell in front of your chest, if possible. See video for details.

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

SMITH MACHINE BULGARIAN SPLIT SQUAT

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



Smith machine Bulgarian split squat

Perform with rear foot flat on ground. See video for details.

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



Smith machine Bulgarian split squat

Perform with rear foot flat on ground. See video for details.

5 sets, 10, 15, 20, 25, 30 reps (right side, 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. See video for details.

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



Calf Press On The Leg Press Machine

Perform on the right side only. See video for details.

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

SMITH MACHINE STANDING CALF RAISE

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



Standing Calf Raise

Perform on the left side only. See video for details.

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



Standing Calf Raise

Perform on the right side only. See video for details.

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



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