

Legs



Treadmill jogging

1 set, 10 mins



Lying cross-over lower back stretch

1 set, 12 reps (alternating, 6 reps per side)



Inchworm

1 set, 6 reps



Standing hamstring stretch

1 set, 12 reps (alternating, 6 reps per side)

LEG EXTENSION (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 15 reps. For the second, use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Leg Extension

2 sets, 10-12 reps (rest 1 min.)



Leg Extension

Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 10-12 reps

LEG PRESS (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 10-12 reps. For the second, use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Leg Press

2 sets, 10-12 reps (rest 1 min.)



Leg Press

Perform one set to near failure.

1 set, 10-12 reps

HACK SQUAT (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 10-12 reps. For the second, use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Hack Squat

2 sets, 10-12 reps (rest 1 min.)



Hack Squat

Perform one set to near failure.

1 set, 10-12 reps

LEG CURL (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Seated Leg Curl

1 set, 10-12 reps



Seated Leg Curl

Perform one set to failure with 2-3 forced reps afterward. Use a spotter to help you perform the final reps. See video for details.

1 set, 10-12 reps

BARBELL STIFF-LEGGED DEADLIFT (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Barbell stiff-legged deadlift

1 set, 10-12 reps



Barbell stiff-legged deadlift

Perform one set to failure.

1 set, 8-10 reps

LEG PRESS CALF RAISE (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Calf Press On The Leg Press Machine

1 set, 10-12 reps



Calf Press On The Leg Press Machine

Perform one set to failure. Rest-pause for 15 sec. and rep to failure again.

1 set, 8-10 reps

MACHINE SEATED CALF RAISE (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Seated Calf Raise

1 set, 10-12 reps



Seated Calf Raise

Perform one set to failure.

1 set, 8-10 reps