

Day 57: 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

3 sets, 50, 40, 30 reps (rest 1 min.)



Leg Press

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

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Hack Squat

1 set, 10 reps (rest 10 sec.)
 1 set, 15 reps (rest 15 sec.)
 1 set, 20 reps (rest 20 sec.)
 1 set, 25 reps (rest 25 sec.)
 1 set, 30 reps (rest 30 sec.)



Leg Extension

3 sets, 30, 40, 50 reps (rest 1 min.)



Lying Leg Curls

3 sets, 50, 40, 30 reps (rest 1 min.)



Dumbbell Romanian Deadlift

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

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Seated Leg Curl

1 set, 10 reps (rest 10 sec.)

1 set, 15 reps (rest 15 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 25 reps (rest 25 sec.)

1 set, 30 reps (rest 30 sec.)



Seated Calf Raise

5 sets, 30, 25, 20, 15, 10 reps (rest 60 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Standing Calf Raises

1 set, 10 reps (rest 10 sec.)

1 set, 15 reps (rest 15 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 25 reps (rest 25 sec.)

1 set, 30 reps (rest 30 sec.)



Elliptical trainer

1 set, 57 min. Alternate 3 min. of easy jogging with 1 min. of harder jogging, or perform other cardio of your choice.

1 set, 15 mins

