

Day 15: Legs

LEG PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



Leg Press

2 sets, 10 reps (rest 1 min.)



Leg Press

After each set, perform a double dropset, aiming to perform an additional 25-35 reps per drop. See Training Guidelines for details.

2 sets, 25-35 reps (rest 2 min.)



Dumbbell squat

Swing the dumbbells in front of your torso as you lower on each rep, using them as a counterbalance. See video for details.

2 sets, 20-25 reps (rest 90 sec.)



Leg Extension

After each set, perform a double dropset, aiming to perform an additional 15-20 reps per drop. See Training Guidelines for details.

3 sets, 15-20 reps (rest 90 sec.)

Superset

Perform the exercises in order with no rest between exercises and 90 sec. of rest between sets.



Lying Leg Curl

4 sets, 15-20 reps (no rest)



Dumbbell Romanian Deadlift

4 sets, 15-20 reps (rest 90 sec.)

Superset

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



Seated Calf Raise

4 sets, 20-25 reps (no rest)



Calf Press On The Leg Press Machine

4 sets, 20-25 reps (rest 1 min.)

Superset

Perform the exercises in order with no rest between exercises and 30 sec. rest between sets.



Decline reverse crunch

4 sets, 20 reps (no rest)



Lying Leg Raise

4 sets, 20 reps (rest 30 sec.)



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