

## Day 16: Legs

### LEG PRESS (WARM-UP SETS)

Add weight progressively across 2-3 sets, stopping each one well short of failure.



#### Leg Press

3 sets, 10 reps (rest 1 min.)



#### Leg Press

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



#### Leg Extensions

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



#### Hack Squat

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



#### Lying Leg Curls

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)