

## Day 43: 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

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 1 min.)

### DTP EXTREME SET

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



Leg Press

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

### DTP SUPERSET

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



Leg Extension

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



Seated Leg Curl

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 1 min.)

## DTP EXTREME SET

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



### Leg Extension

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

## DTP EXTREME SET

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



### Seated Leg Curl

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



### Calf Press On The Leg Press Machine

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 1 min.)

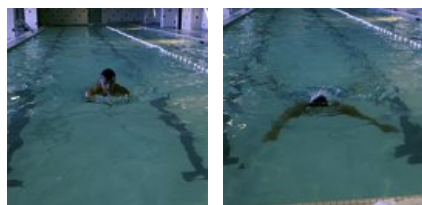
## DTP EXTREME SET

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



### Calf Press On The Leg Press Machine

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



### Swimming

1 set, 15 min. Alternate 3 min. of easy swimming with 1 min. of hard swimming, or perform other cardio of your choice.

1 set, 15 mins