

Day 29: Legs

BARBELL BACK SQUAT (WARM-UP SETS)

Use light weight and stop each set short of failure.



Barbell back squat

2 sets, 10 reps (rest 1 min.)



Barbell back squat

10 sets, 10 reps (rest 1 min.)



Leg Extension

5 sets, 15 reps (rest 1 min.)



Seated Leg Curl

5 sets, 15 reps (rest 1 min.)



Seated Calf Raise

10 sets, 10 reps (rest 1 min.)



Elliptical trainer

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

1 set, 15 mins