

## Day 1: Legs And Abs

### 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

4 sets, 8-12 reps (rest 90 sec.)



#### Hack Squat

4 sets, 8-12 reps (rest 90 sec.)

### DUMBBELL BULGARIAN SPLIT SQUAT

Perform all of the reps on one side before switching to the other side. Don't rest between sides and rest 1 min. between sets.



#### Bulgarian Split Squat

Perform holding a weight plate or dumbbell in front of your chest if possible. See video for details.

3 sets, 8-12 reps (left side, no rest)



#### Bulgarian Split Squat

Perform holding a weight plate or dumbbell in front of your chest if possible. See video for details.

3 sets, 8-12 reps (right side, rest 1 min.)



### Barbell stiff-legged deadlift

4 sets, 8-12 reps (rest 90 sec.)



### Lying Leg Curl

5 sets, 8-12 reps (rest 1 min.)



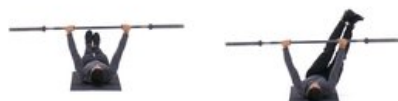
### Seated Calf Raise

4 sets, 8-12 reps (rest 1 min.)



### Calf Press On The Leg Press Machine

4 sets, 8-12 reps (rest 1 min.)



### Lying Windshield Wipers

Perform holding a dowel or light bar in front of your chest. See video for details.

4 sets, 16-24 reps (alternating, 8-12 reps per side, rest 1 min.)



### Decline reverse crunch

4 sets, 8-12 reps (rest 1 min.)



### Treadmill jogging

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

1 set, 15 mins