

## Legs



### Treadmill jogging

1 set, 10 mins



### Lying cross-over lower back stretch

1 set, 12 reps (alternating, 6 reps per side)



### Inchworm

1 set, 6 reps



### Standing hamstring stretch

1 set, 12 reps (alternating, 6 reps per side)

## LEG EXTENSION (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 15 reps. For the second, use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Leg Extension

2 sets, 10-12 reps (rest 1 min. )



### Leg Extension

Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 10-12 reps

## LEG PRESS (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 10-12 reps. For the second, use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Leg Press

2 sets, 10-12 reps (rest 1 min. )



Leg Press

Perform one set to near failure.

1 set, 10-12 reps

## HACK SQUAT (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 10-12 reps. For the second, use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Hack Squat

2 sets, 10-12 reps (rest 1 min. )



Hack Squat

Perform one set to near failure.

1 set, 10-12 reps

## LEG CURL (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Seated Leg Curl

1 set, 10-12 reps



### Seated Leg Curl

Perform one set to failure with 2-3 forced reps afterward. Use a spotter to help you perform the final reps. See video for details.

1 set, 10-12 reps

## BARBELL STIFF-LEGGED DEADLIFT (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Barbell stiff-legged deadlift

1 set, 10-12 reps



### Barbell stiff-legged deadlift

Perform one set to failure.

1 set, 8-10 reps

## LEG PRESS CALF RAISE (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Calf Press On The Leg Press Machine

1 set, 10-12 reps



### Calf Press On The Leg Press Machine

Perform one set to failure. Rest-pause for 15 sec. and rep to failure again.

1 set, 8-10 reps

## MACHINE SEATED CALF RAISE (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Seated Calf Raise

1 set, 10-12 reps



### Seated Calf Raise

Perform one set to failure.

1 set, 8-10 reps