

## Day 36: Legs

### LEG EXTENSION (WARM-UP SETS)

Use light weight and stop each set short of failure.



#### Leg Extension

2 sets, 10 reps (rest 1 min.)



#### Leg Extension

Attempt to reach failure at around 12 reps in the second set, then use forced reps or rest-pause to perform another 3-8 reps.

2 sets, 15-20 reps (rest 2 min.)



#### Leg Press

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



#### Hack Squat

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



#### Lying Leg Curl

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



#### Seated Leg Curl

Attempt to reach failure at around 10 reps in the second set, then use forced reps or rest-pause to perform another 3-5 reps.

2 sets, 10-15 reps (rest 2 min.)



### Seated Calf Raise

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)

## SINGLE-LEG STANDING DUMBBELL CALF RAISE

Perform all of the reps on one side before switching to the other side. Don't rest between sides and rest 2 min. between sets.



### Single-Leg Standing Dumbbell Calf Raise

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

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



### Single-Leg Standing Dumbbell Calf Raise

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

3 sets, 8-12 reps (right side, rest 2 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