

Day 51: 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

Use a wider than shoulder-width stance.

1 set, 30 reps (rest 90 sec.)

1 set, 25 reps (rest 90 sec.)

1 set, 20 reps (rest 90 sec.)

1 set, 15 reps (rest 90 sec.)

1 set, 10 reps (rest 90 sec.)

DTP EXTREME SET

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



Barbell back squat

Use a shoulder-width or slightly narrower stance.

1 set, 10 reps (rest 10 sec.)

1 set, 15 reps (rest 15 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 25 reps (rest 25 sec.)

1 set, 30 reps (rest 30 sec.)

DTP SUPERSET

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



Hack Squat (Narrow Stance)

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



Barbell stiff-legged deadlift

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

DTP EXTREME SET

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



Hack Squat

Use a wider than shoulder-width stance.

1 set, 10 reps (rest 10 sec.)

1 set, 15 reps (rest 15 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 25 reps (rest 25 sec.)

1 set, 30 reps (rest 30 sec.)

DTP EXTREME SET

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



Reverse Hack Squat

Perform as a reverse hack squat with your face toward the pad. See video for details.

1 set, 10 reps (rest 10 sec.)

1 set, 15 reps (rest 15 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 25 reps (rest 25 sec.)

1 set, 30 reps (rest 30 sec.)



Dumbbell Walking Lunge

3 sets, 40 reps (alternating, 20 reps per side, 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