

Leg Day wk 2

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Cardio - Incline Treadmill	10-15 min		Get the butt warm
Misc. Stretching/plyos			

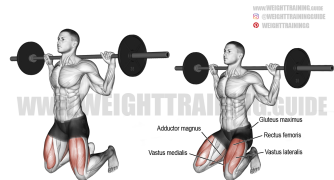
Deadlifts


Activity	Sets x Reps	Weight	Image / Description
Deadlift (Sumo) - Warmup	2 x 12		25-40% of max
Working Set 1	3 x 8		75% max
Working Set 2	2 x 4		85% of max

Power Circuit

Activity	Sets x Reps	Weight	Image / Description
Single Leg BB to forward lunge	3 x 6 each leg		Straight leg swing forward
KB Swings	3 x 15		
Lunge Jumps	3 x 12 total	none	1 min rest each time thru

Control

Activity	Sets x Reps	Weight	Image / Description
Romanian Deadlifts (RDL)	4 x 8		Low weight go slow!
hamstring curls	4 x 12		

Glute ham raise (they may have moved this from the RFC, if you can't find it just skip and do other two)	4 x 10		
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Calves

Activity	Sets x Reps	Weight	Image / Description
Ballerina calf raises forward	3 x 12		
toes in	3 x 12		
Toes out	3 x 12		

Core

Activity	Sets x Reps	Weight	Image / Description
Hanging Tucks	10x		
Hanging Pike-ups	10x		
Hanging Side Crunch	10x each side		