

## Legs max week

### Warm Up

Activity	Sets x Reps	Weight	Image / Description
Side Lunges	2 x 10e	none	
Deep Squats	2 x 10	none	

### Deadlift

Activity	Sets x Reps	Weight	Image / Description
Warm up	2 x 10		40%
Working Sets	1 x 8 1 x 6 1 x 3 1 x 1		50% 75% 85% MAX

### Trap Bar Deadlift

Activity	Sets x Reps	Weight	Image / Description
Warm up	1 x 10		50% max
WS 1	1 x 5		75% max
WS 2	1 x 1		MAX

Activity	Sets x Reps	Weight	Image / Description
Calf Raise Circuit	3 x 10e		

Activity	Sets x Reps	Weight	Image / Description
Hamstring curls	3 x 10		
Leg Extensions	3 x 10		

## FINISHER

Activity	Sets x Reps	Weight	Image / Description
Lunge Cycles	2 x 90s		
Wall Sit	2 x 60s		