

Leg Day wk 9

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Deep Front Lunges	2 x 8 each		sit and hold
Side-to-side lunges	2 x 10 each		
Heel Sweeps	2 x 10 each		unweighted

Sumo Deadlift

Activity	Sets x Reps	Weight	Image / Description
Warm Up	2 x 12		25% of max
Working Set 1	3 x 10		50% of max
Working Set 2	3 x 8		60% of max
High Weight Set	2 x 4		80% of max

Power Circuit 1

Activity	Sets x Reps	Weight	Image / Description
Forward Lunges	4 x 12 each		With DBs
Squat-hold-jump	4 x 8		Hold KB on sides

Circuit 2

Activity	Sets x Reps	Weight	Image / Description
Bulgarian Split Squats	3 x 8 each		
Romanian Deadlifts	3 x 12		

Finisher

Activity	Sets x Reps	Weight	Image / Description
Cable straight-leg extensions	2 x 12 each		Use leg strap on cable machine
Cable Kickbacks	2 x 8 each		
Cable Kickouts	2 x 8 each		

Core

Activity	Sets x Reps	Weight	Image / Description
Heel touches	2 x 45s		
Dead Bugs	2 x 45s		
Mountain climbers	2 x 45s		
Plank	1 x 90s		After circuit