


## Leg Day wk 3

### Warm Up


Activity	Sets x Reps	Weight	Image / Description
Cardio	10min	n/a	bike/treadmill/etc
ATG Split Squat  **Elevate front foot if needed Take your time, not a race	3 x 8 each	0-10lbs max	
Heel-Elevated ATG Squat	3 x 15	0-10lbs max	Place heels on small weight or on wedge


### Back Squats

- Bench squats = squat to a bench, hold there for 1sec, then push back up
- CONTROL Descent - 3+ seconds from standing to sitting
- Keep posture while sitting, no curling of the back!

Activity	Sets x Reps	Weight	Image / Description
Warm Up	2 x 12		Controlling descent and pausing at bottom will make this harder than regular squats - if at a lower weight, that's fine, just keep quality form and keep up the longer descent on each rep. Trust me, you'll still feel it
Working Set 1	3 x 8		
Working Set 2	2 x 5		
Finisher - Remove bench	1 x 20		

### Power Circuit

Activity	Sets x Reps	Weight	Image / Description
Trap Bar Deadlift to vertical jump 3x deadlift then jump = 1 rep	3 x 4		
Squat and press	3 x 8		

KB Sumo Squat	3 x 10		
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#### Control

Activity	Sets x Reps	Weight	Image / Description
Pistol Squat	4 x 8		
Hamstring Curls (machine)	12-12-8-8		
Leg Extensions (machine)	12-12-8-8		

#### 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		