

BLOCK 2: PEAKING PHASE / WEEK 6: DAYS 1-5

[illegible]

LEGS	SETS	REPS	RPE%/1RM	REST	1	2	3	4	5	NOTES	LSRPE
ADUCTIONS	3	15	RPE7	2-3 MIN						SIT DOWN AND BACK.	
HAMSTRING	3	20	RPE8	1-2 MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
HACK SQUAT	3	5	75%	3-4MIN						USE A PAD, RIB CAGE AND CHIN TUCKED DOWN	
CALF RAISES	3	20	RPE8	1-2 MIN						FOCUS ON SQUEEZING YOUR CALFS TO MOVE THE WEIGHT	
LEG EXTENSION	3	20	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	

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