

I  
**LEGS**  
GYM



***6 PERCENT***  
F I T N E S S



## BEFORE YOU START

1. Complete each exercise for 3-4 sets before moving on to the next exercise!
2. Focus on proper form & FULL muscle contraction
3. If the workouts are not done to exhaustion -> INCREASE the amount of reps, or decrease your rest time.
4. If unable to finish an entire circuit -> DECREASE the amount of reps.
5. Review your workouts before the actual work out! Use google and other search engines to familiarize yourself with uncommon movements.



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F I T N E S S

## AB GENERATOR

<https://ab-generator-1.web.app/home>

### LIFT 1

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Back Squat	Leg Press	DB Bulgarian Split Squats	DB RDL's	Hamstring Curls	Leg Extension
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10	15	10 each leg	10	12	12
Rest	60-90 sec. rest between each lift					

### LIFT 2

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	1 ¼ Squat	Heel Elevated Goblet Squat	Barbell RDL's	Seated Calf Press	Single Leg Leg Press	Standing Calf Raise
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	8	10	10	10	10 each leg	12
Rest	60-90 sec. rest between each lift					

## LIFT 3

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Front Squat	Leg Press	Back Extensions	Seated Calf Raises	Single Leg Leg Press	Standing Calf Raise
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	8	15	10	10	10 each leg	12
Rest	60-90 sec. rest between each lift					

## LIFT 4

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Leg Press	Smith Machine Squats	DB Heel Elevated Squats	Leg Extensions	Hamstring Curls	Seated Machine Calf Press
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	12	12	12	12	12	12
Rest	60-90 sec. rest between each lift					

## LIFT 5

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Leg Press	Leg Extensions	Walking Lunges	DB RDL's	DB Goblet Squat	Standing Calf Raise
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	15	15	10 each leg	10	10	20
Rest	60-90 sec. rest between each lift					

## LIFT 6

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Back Squats	Leg Press	Lunges	Lying Hamstring Curls	Seated Hamstring Curls	Standing Calf Raise
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10	12	10 each leg	4 x 10	4 x 10	20
Rest	60-90 sec. rest between each lift					