

I  
**LEGS**

DUMBBELL



***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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## 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	DB Squats	DB Sumo Squats	DB Romanian Deadlifts (RDL's)	DB Bulgarian Split Squats	DB Lying Hamstring Curls (lay on stomach, grab dumbbells b/w feet)	Seated Single Leg DB Calf Raises (place dumbbell on top of knee)
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 2

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	DB Heel Elevated Squats & DB Split Squats	DB Bulgarian Split Squats	DB Glute Bridge (hold for 3 seconds at the top) & Split Stance RDL	Goblet Squats & DB Forward and Backward Lunges	DB Standing Calf Raises
Sets	3-4	3-4	3-4	3-4	3-4
Reps	10 each	10 each leg	10 each	10 each	10
Rest	60-90 sec. rest between each lift				

## LIFT 3

LEGS	10 Minute EMOM	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	DB Squats DB Hang Squat Cleans	DB Walking Lunges	DB Romanian Deadlifts (RDL's)	DB Crossover Lunges	DB Step Ups	DB Standing Calf Raises
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	12 Squats 10 Squat Cleans	10 each leg	10	10 each leg	10 each leg	20-25
Rest	60-90 sec. rest between each lift					

\*EMOM = Every Minute On the Minute:

Begin number of reps of the exercise at the start of a minute and then rest for whatever time you have left until the start of the next minute.

## LIFT 4

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Goblet Squats	Dumbbell Swings	DB Walking Lunges	DB Lying Hamstring Curls (lay on stomach, grab dumbbells b/w feet)	DB Heel Elevated Squats	DB Side Lunges
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10-12	10	10 each leg	10	10	10 each leg
Rest	60-90 sec. rest between each lift					

## LIFT 5

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	DB Sumo Squats	DB Hip Thrusts	DB Stationary Lunges	DB Romanian Deadlifts (RDL's)	DB Standing Calf Raises	Russian Twists
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10-12	10-12	10-12 each leg	10-12	10	25 each side
Rest	60-90 sec. rest between each lift					

## LIFT 6

LEGS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	DB Squat Jumps	DB Stationary Lunges	DB Single Leg RDL's & DB Swings	DB Step Ups	DB Squat Holds	DB Side Lunges
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10-12	10 each leg	10 each leg 10 on swings	10	30 sec.	10 each leg
Rest	60-90 sec. rest between each lift					