

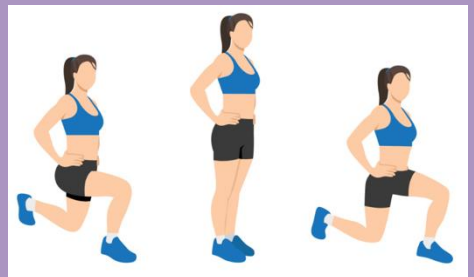
Workout of the Day

Term of the Day: Drop Set

Performing a set to failure, then reducing the weight and continuing for additional reps

Warmup:

- 2 x 10 bodyweight squat
- 2 x 8 alternating lunges



Main set:

- 3 x 8 split squat
- 3 x 10 sumo squat
- 4 x 10 calf raise
- 3 x 8 drop set hamstring curl (reduce weight 25% and perform an additional 5 reps)

