



# ROSHAN'S BODYSCULPT

## QUADS, HAMSTRING & CALVES

### EXERCISE 1. (SUPER SET).

EXERCISES	SET1	SET2	SET3
DB Squat	15 reps	10 reps	8 reps
DB Step Up	15 reps	10 reps	8 reps

### EXERCISE 2. (SUPER SET).

EXERCISES	SET1	SET2	SET3
DB Lunges	15 reps	10 reps	8 reps
DB Sumo Squat	15 reps	10 reps	8 reps

### EXERCISE 3. (SUPER SET).

EXERCISES	SET1	SET2	SET3
Leg Extension	15 reps	12 reps	8 reps
Leg Curl	15 reps	12 reps	8 reps

### EXERCISE 4. (SUPER SET).

EXERCISES	SET1	SET2	SET3
Sumo Deadlift	10 reps	8 reps	6 reps
StiffLeg Deadlift	10 reps	8 reps	6 reps

### EXERCISE 2. (GIANT SET).

EXERCISES	SET1	SET2	SET3
Calf Raise (Toe Inward)	12 reps	10 reps	8 reps
Calf Raise (Toe Outward)	12 reps	10 reps	8 reps
Seated Calf Raise (with DB)	12 reps	10 reps	8 reps

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