

**LEGS – ALL DUMBBELLS**

**WARM UP SET:**

BODY WEIGHT SQUAT – 1 set of 20 reps

**1.) DUMBBELL GOBLET SQUAT**

4 sets of 10, 10, 8, 8 reps

REST BETWEEN SETS: 90 SECONDS

**2.) DUMBBELL STEP-UP**

4 sets of 8 reps with each leg

REST BETWEEN SETS: 90 SECONDS

**3.) DUMBBELL BACKWARD LUNGE (ALTERNATE LEGS)**

4 sets of 8 reps with each leg

REST BETWEEN SETS: 90 MINUTES

**4.) DUMBBELL STIFF-LEG DEADLIFT**

4 sets of 10, 10, 8, 8 reps

REST BETWEEN SETS: 90 SECONDS

**5.) SQUAT JUMP**

3 sets of 15 reps

REST BETWEEN SETS: 60 SECONDS

**6.) DUMBBELL CALF RAISE**

4 sets of 15 reps followed by 15 reps with body-weight.

REST BETWEEN SETS: 90 SECONDS

