

LEGS – FREE WEIGHTS: SUPER BERSERK SET

1.) BARBELL DEADLIFT

4 sets of 8 reps
SUPER SET WITH...

DUMBBELL GOBLET SQUAT

Berserk Set: 4 sets of 8 reps with both legs, then 5 reps with each leg.
REST BETWEEN SETS: 2 MINUTES

2.) DUMBBELL STIFF-LEG DEADLIFT (CLOSE-STANCE)

4 sets of 8 reps
SUPER SET WITH...

DUMBBELL UNDERHAND SQUAT

Berserk Set: 4 sets of 8 reps with both legs, then **DOUBLE-PUMP LUNGES** 5 reps with each leg.
REST BETWEEN SETS: 2 MINUTES

3.) BARBELL HIP THRUST (3-5 SECOND HOLDS)

4 sets of 8 reps
SUPER SET WITH...

DUMBBELL FLOOR BRIDGE (BODY-WEIGHT)

4 sets of 10 reps
REST BETWEEN SETS: 2 MINUTES

4.) STANDING DUMBBELL CALF RAISE (5 SECOND HOLDS)

4 sets of 8 reps
SUPER SET WITH...

BODY-WEIGHT SEATED CALF RAISE

4 sets of 15 reps
REST BETWEEN SETS: 90 SECONDS

