

LEGS – (FREE WEIGHTS) GIANT SETS, HSR SETS

WARM UP = Body Weight Squats: 2 sets of 20

1.) BARBELL SQUAT

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

2.) SUMO DEADLIFT

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

3.) BACKWARD DUMBBELL LUNGE

HSR Set - 3 sets

HSR Set = 5 reps with right leg then 5 reps with left leg, 4 reps with right leg then 4 reps with left leg, 3 reps with right leg then 3 reps with left leg, 2 reps with right leg then 2 reps with left leg, 1 rep with right leg then 1 rep with left leg.

REST BETWEEN SETS: 90 SECONDS

4.) BODY-WEIGHT HIP THRUST

HSR Set - 3 sets

HSR Set = 5 reps with right leg then 5 reps with left leg, 4 reps with right leg then 4 reps with left leg, 3 reps with right leg then 3 reps with left leg, 2 reps with right leg then 2 reps with left leg, 1 rep with right leg then 1 rep with left leg.

REST BETWEEN SETS: 90 SECONDS

5.) LUNGE JUMP

HSR Set - 3 sets

HSR Set = 5 reps with right leg then 5 reps with left leg, 4 reps with right leg then 4 reps with left leg, 3 reps with right leg then 3 reps with left leg, 2 reps with right leg then 2 reps with left leg, 1 rep with right leg then 1 rep with left leg.

REST BETWEEN SETS: 90 SECONDS

6.) BODY-WEIGHT CALF RAISE

HSR Set - 4 sets

HSR Set = 5 reps with right leg then 5 reps with left leg, 4 reps with right leg then 4 reps with left leg, 3 reps with right leg then 3 reps with left leg, 2 reps with right leg then 2 reps with left leg, 1 rep with right leg then 1 rep with left leg.

SUPER SET WITH...

BODY-WEIGHT CALF RAISE (TOES IN)

4 sets of 15 reps

REST BETWEEN SETS: 90 SECONDS