



LEGS – (FREE WEIGHTS) SPIT FIRE & VITALITY SET

WARM UP = Body weight squat – 2 sets of 15 reps

1.) SUMO BARBELL DEADLIFT

SPIT FIRE SET: 5 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

2.) BARBELL BACKWARD LUNGE TO SQUAT COMBO

4 sets of 8 combo reps. 1 rep = lunge back with each leg to 1 squat.

REST BETWEEN SETS: 2 MINUTES

3.) KETTLEBELL DOUBLE-PUMP WALKING LUNGE

SPIT FIRE SET: 5 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps with each leg.

REST BETWEEN SETS: 2 MINUTES

4.) BODY-WEIGHT SQUAT

VITALITY SET = 1 set of 50 reps

5.) KETTLEBELL CALF RAISE – SINGLE ARM

6 sets of 10 reps

REST BETWEEN SETS: 60 SECONDS

6.) TIBIALIS RAISE

3 set of 30 reps

REST BETWEEN SETS: 60 SECONDS

