



LEGS – DROP SETS (FREE WEIGHTS)

WARM UP = Plate Pump Squat – 3 sets of 30 reps

1.) BARBELL SQUAT

4 sets of 6-8 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

2.) BARBELL STATIONARY LUNGE

4 sets of 10-12 reps with each side.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

3.) BARBELL HIP THRUST

4 sets of 10-12 reps.

REST BETWEEN SETS: 90 SECONDS

4.) STIFF-LEG DUMBBELL DEADLIFT

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

5.) STANDING DUMBBELL CALF RAISE

4 sets of 15-20 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

6.) SINGLE-LEG BODY-WEIGHT CALF RAISE

4 sets of 10 reps with each leg

REST BETWEEN SETS: 60 SECONDS