



## **LEGS – BARBELL PYRAMID, DUMBBELL ALTERNATE**

**WARM UP = Body Weight Squat – 2 sets of 20 reps**

**1.) PYRAMID SET = BARBELL SQUAT**

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

**2.) DUMBBELL GOBLET SQUAT - ALTERNATE**

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

**3.) PYRAMID SET = BARBELL STATIONARY LUNGE**

5 sets = 15, 10, 8, 10, 15 reps with each side

Rest Between Sets: 90 Sec.

**4.) DUMBBELL BACKWARD LUNGE**

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

**5.) PYRAMID SET = BARBELL SUMO DEADLIFT**

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

**6.) BODY-WEIGHT SINGLE-LEG FLOOR BRIDGE**

3 sets = 15 reps with each side

Rest Between Sets: 60 Sec.

**7.) PYRAMID SET = BARBELL CALF RAISE**

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

**8.) BODY-WEIGHT SINGLE-LEG CALF RAISE**

3 sets = 10 reps with each side

Rest Between Sets: 60 Sec.