



LEGS – STRONG MAN SETS, STAMINA SETS

1.) STAMINA SET = BODY-WEIGHT LEG EXTENSION

4 sets = 12 reps
SUPER SET WITH...

BODY-WEIGHT PULSE SQUAT

4 sets = 20 reps
Rest Between Sets: No Rest

2.) STRONG MAN SET = BARBELL SQUAT (PAUSE ON THE NEGATIVE)

5 sets = 6-8 reps
Rest Between Sets: 90 Sec.

3.) STRONG MAN SET = BACKWARD BARBELL LUNGE

5 sets = 6-8 reps with each side
Rest Between Sets: 90 Sec.

4.) REVERSE LANDMINE SQUAT

4 sets = 15 reps
Rest Between Sets: 90 Sec.

5.) STAMINA SET = DB STEP-UP

4 sets = 10 reps with each side
SUPER SET WITH...

DB STIFF-LEG DEADLIFT

4 sets = 10-12 reps
Rest Between Sets: No Rest

6.) STAMINA SET = BARBELL CALF RAISE

5 sets = 10-12 reps
SUPER SET WITH...

BODY-WEIGHT CALF RAISE (TOES-IN)

5 sets = 20 reps

Rest Between Sets: No Rest