



LEGS – (FW) PREDATOR SETS, ISOMETRIC SETS

WARM-UP: Body-Weight Sumo Pulse Squat – 3 sets of 30 reps.

1.) BARBELL SQUAT

4 sets = 8-10 reps

Rest Between Sets: 90 Sec.

2.) PREDATOR SET = STATIONARY BARBELL LUNGE

4 sets = 5-6 slow reps, 5-6 fast reps with each side

Rest Between Sets: 90 Sec.

3.) SUMO BARBELL DEADLIFT

4 sets = 8-10 reps

Rest Between Sets: 90 Sec.

4.) PREDATOR SET = DUMBBELL SPLIT SQUAT

4 sets = 5-6 slow reps, 5-6 fast reps with each side

Rest Between Sets: 90 Sec.

5.) ISOMETRIC SET = BODY-WEIGHT SQUAT

1 set = 60 Sec. hold

6.) STANDING BARBELL CALF RAISE

5 sets = 10-12

SUPER SET WITH...

PREDATOR SET = BODY-WEIGHT CALF RAISE

5 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

