



LEGS – (DB) DESTRUCTION & VITALITY SETS

WARM-UP: DUMBBELL SQUAT JUMP

3 sets of 25 reps

1.) DESTRUCTION SET = DUMBBELL LUNGES

4 sets = 5 reps with right then left, 5 reps alternating backward, 5 reps with both (squat).

Rest Between Sets: 90 sec.

2.) DUMBBELL GOBLET SQUAT (5-SEC. PAUSES)

4 sets = 8 reps (pause at the bottom for 5 seconds)

Rest Between Sets: 90 sec.

3.) DUMBBELL SPLIT SQUAT

4 sets = 10-12 reps with each side

Rest Between Sets: 90 sec.

4.) DESTRUCTION SET = DUMBBELL STEP-UP

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both (squat).

Rest Between Sets: 90 sec.

5.) VITALITY SET = BODY-WEIGHT SQUAT

1 set = 50 reps

6.) DESTRUCTION SET = BODY-WEIGHT CALF RAISE

5 sets = 10 reps with right then left, 10 reps alternating, 10 reps with both.

Rest Between Sets: 90 sec.

7.) VITALITY SET = BODY-WEIGHT CALF RAISE

1 set = 50 reps

