



LEGS – (FW) COMPOUND BERSERK SETS

WARM-UP: 2 sets of 20 reps of the 1st exercise

1.) COMPOUND SET = BARBELL FRONT SQUAT

8-10 reps followed by...

BERSERK SET = CLOSE-STANCE DUMBBELL GOBLET SQUAT TO FRONT LUNGE

8 reps with both sides (Close-Stance Goblet Squat), then 8 reps alternating (Front Lunge)

Rest Between Sets: 2 minutes

Total Sets = 5

2.) COMPOUND SET = BARBELL SUMO DEADLIFT

8-10 reps followed by...

BERSERK SET = DUMBBELL SQUAT TO BACKWARD LUNGE

8 reps with both sides (Squat), then 8 reps alternating (Backward Lunge).

Rest Between Sets: 2 minutes

Total Sets = 5

3.) DUMBBELL HIP THRUST

12-15 reps

Rest Between Sets: 90 sec.

Total Sets = 4

4.) BODY-WEIGHT CALF RAISE

30 reps (5 sec. pause/contraction on rep 10, 20, 30)

Rest Between Sets: 60 sec.

Total Sets = 8

