



LEGS – (DB) BULLS EYE SETS

Warm Up: 2 sets of 20 reps of the 1st exercise

1.) DUMBBELL SQUAT

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

2.) DUMBBELL BACKWARD LUNGE

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

3.) DUMBBELL SUMO SQUAT

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

4.) DUMBBELL STIFF-LEG DEADLIFT

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

5.) DUMBBELL WALKING LUNGE

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

6.) DUMBBELL CALF RAISE COMBO

10 reps toes out, 10 reps toes in

Rest Between Sets: 60-seconds

Total Sets = 8

