



LEGS – (DB) SPARTAN SETS

Warm Up: 2 sets of 15 reps of the 1st exercise

1.) SPARTAN SET = DUMBBELL GOBLET SQUAT

8-10 reps

Rest 30-sec. Followed by...

DUMBBELL BULGARIAN SPLIT SQUAT

8-10 reps with each side

Rest 30-sec. Followed by...

DUMBBELL GOBLET SQUAT (CLOSE-STANCE)

8-10 reps

Rest 30-sec. Followed by...

DUMBBELL BACKWARD LUNGE (ALTERNATE)

8-10 reps with each side

Rest 30-sec. Followed by...

DUMBBELL STIFF-LEG DEADLIFT

10-12 reps. This completes 1 set

Rest: 3 minutes

Total Sets = 5

2.) BODY-WEIGHT CALF RAISE

50 reps

Rest: 90-seconds

Total Sets = 5

