



## **LEGS – (DB) STAMINA SUPER SETS, ENDANGERED SETS**

Warm Up: 2 sets of 15 reps of the 1<sup>st</sup> exercise

### **1.) BODY-WEIGHT LEG EXTENSION**

12-15 reps

Rest: 90-sec.

Total Sets: 3

### **2.) DUMBBELL GOBLET SQUAT**

6-8 reps

Rest: 90-sec.

Total Sets: 3

### **3.) DUMBBELL SUMO SQUAT**

6-8 reps

Rest: 90-sec.

Total Sets: 3

### **4.) STAMINA SUPER SET = DUMBBELL SQUAT JUMP**

10-12 reps. Followed by...

#### **BODY-WEIGHT FLOOR BRIDGE**

15-20 reps

Rest: No rest

Total Sets: 3

### **5.) ENDANGERED SET = WIDE-STANCE DUMBBELL GOBLET SQUAT**

10 reps (rest 15-sec.), repeat 5 times.

Total Sets: 1

### **6.) STAMINA SUPER SET = DUMBBELL CALF RAISE COMBO**

10 reps out, 10 reps in. Followed by...

**STAGGERED BODY-WEIGHT CALF RAISE**

12 reps with each side

Rest: No rest

Total Sets: 5

**7.) ENDANGERED SET = BODY-WEIGHT BALLET CALF RAISE**

10 reps (rest 15-sec.), repeat 5 times.

Total Sets: 1