



LEGS – (FW) INSANE SETS

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

1.) BARBELL DEADLIFT

4-6 reps

Rest: 90-sec.

Total Sets: 4

2.) BARBELL HIP THRUST

6-8 reps

Rest: 90-sec.

Total Sets: 4

3.) INSANE SET = BODY-WEIGHT LEG EXTENSION ON BENCH

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

4.) BARBELL BACKWARD LUNGE

8-10 reps with each side

Rest: 90-sec.

Total Sets: 3

5.) DUMBBELL STEP-UP

8-10 reps with each side

Rest: 90-sec.

Total Sets: 3

6.) INSANE SET = WEIGHT PLATE PULSE SQUAT

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

7.) BARBELL CALF RAISE

6-8 reps

Rest: 90-sec.

Total Sets: 4

8.) TIP-TOE DUMBBELL FARMERS WALK

Walk for 30-sec.

Rest: 90-sec.

Total Sets: 3

9.) INSANE SET = TOE RAISE

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1