



LEGS – (DB) DESCENDING & TRIPLE SETS

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

1.) DESCENDING SET = DOUBLE-PUMP DUMBBELL GOBLET SQUAT

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 5 reps

Rest Between Sets: 90-sec.

2.) DESCENDING SET = DUMBBELL BULGARIAN SPLIT SQUAT

Set 1: 15 reps each side

Set 2: 12 reps each side

Set 3: 10 reps each side

Set 4: 8 reps each side

Set 5: 5 reps each side

Rest Between Sets: 90-sec.

3.) TRIPLE SET = SIDE STEP DUMBBELL GOBLET SQUAT

6-8 reps with each side. Followed by...

ALTERNATE DUMBBELL BACKWARD LUNGE

6-8 reps with each side. Followed by...

DUMBBELL STIFF-LEG DEADLIFT

6-8 reps

Rest: 2-minutes

Total Sets: 4

4.) TRIPLE SET = DUMBBELL SIDE STEPS

6-8 reps with each side. Followed by...

BODY-WEIGHT CALF RAISE COMBO

10 reps toes-out, 10 reps normal, 10 reps toes-in. Followed by...

BODY-WEIGHT STAGGERED STANCE CALF RAISE

8-10 reps with each side.

Rest: 2-minutes

Total Sets: 4