



LEGS – (DB) STRENGTH TO VOLUME SETS

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

1.) STRENGTH: CLOSE-STANCE DUMBBELL GOBLET SQUAT

6-8 reps

Rest: 90-sec.

Total Sets: 3

2.) VOLUME: BODY-WEIGHT LEG EXTENSION

25 reps

Rest: 90-sec.

Total Sets: 3

3.) STRENGTH: DUMBBELL BULGARIAN SPLIT SQUAT

6-8 reps with each side

Rest: 90-sec.

Total Sets: 3

4.) VOLUME: BODY-WEIGHT SIDE LUNGE

25 reps with each side

Rest: 90-sec.

Total Sets: 3

5.) STRENGTH: STIFF LEG DUMBBELL DEADLIFT

6-8 reps

Rest: 90-sec.

Total Sets: 3

6.) VOLUME: DUMBBELL HIP THRUST

25 reps

Rest: 90-sec.

Total Sets: 3

7.) STRENGTH: SINGLE-DUMBBELL CALF RAISE

6-8 reps with each side

Rest: 90-sec.

Total Sets: 3

8.) VOLUME: DUMBBELL CALF RAISE COMBO

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

Rest: 90-sec.

Total Sets: 3