



LEGS – (G) SUPER SETS

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

1.) CLOSE-STANCE SMITH MACHINE SQUAT

6-8 reps. Followed by...

WIDE DUMBBELL SQUAT

8-10 reps

Rest: 2-minutes

Total Sets: 3

2.) LEG PRESS

6-8 reps. Followed by...

DUMBBELL BACKWARD LUNGE

8-10 reps with each side

Rest: 2-minutes

Total Sets: 3

3.) LEG EXTENSION MACHINE

6-8 reps. Followed by...

PULSE SQUAT

20 reps

Rest: 2-minutes

Total Sets: 3

4.) LEG PRESS CALF RAISE

6-8 reps. Followed by...

WEIGHTED CALF RAISE

8-10 reps

Rest: 2-minutes

Total Sets: 3