



LEGS – VITALITY SETS

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

1.) DUMBBELL DOUBLE-PUMP GOBLET SQUAT

8-12 reps

Rest: 90-seconds

Total Sets: 4

2.) DUMBBELL BULGARIAN SPLIT SQUAT

8-12 reps with each side

Rest: 90-seconds

Total Sets: 4

3.) DUMBBELL STIFF-LEG DEADLIFT

8-12 reps

Rest: 90-seconds

Total Sets: 4

4.) DUMBBELL HIP THRUST

8-12 reps

Rest: 90-seconds

Total Sets: 4

5.) VITALITY SET: PULSE SQUATS

50 reps

Total Sets: 1

6.) SINGLE-DUMBBELL CALF RAISE

8-12 reps with each side

Rest: 90-seconds

Total Sets: 5

7.) VITALITY SET: BODY-WEIGHT CALF RAISE (TOES-IN)

50 reps

Total Sets: 1