



LEGS – REST PAUSE SETS

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

Rest-Pause Set: Do the recommended reps, put down the weight and rest 15-seconds then rep out until failure.

1.) LEG EXTENSION

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

2.) WIDE-STANCE BARBELL SQUAT

6-8 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

3.) CLOSE-STANCE DUMBBELL GOBLET SQUAT

6-8 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

4.) LEG EXTENSION HIP THRUST

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

5.) LYING HAMSTRING CURL

8-10 reps

Rest: 90-seconds

Total Sets: 4
Rest-pause set the last set

6.) BARBELL CALF RAISE

8-10 reps
Rest: 90-seconds
Total Sets: 4
Rest-pause set the last set

7.) SEATED CALF RAISE MACHINE

8-10 reps
Rest: 90-seconds
Total Sets: 4
Rest-pause set the last set