



LEGS – SPIT FIRE SETS

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

1.) LEG EXTENSION MACHINE

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

2.) LEG PRESS

8-12 reps

Rest: 90-seconds

Total Sets: 3

3.) DUMBBELL WALKING LUNGE

10 reps with each side

Rest: 90-seconds

Total Sets: 3

4.) SEATED LEG CURL MACHINE

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

5.) LYING LEG CURL MACHINE

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

6.) CALF RAISE MACHINE

8-12 reps

Rest: 90-seconds

Total Sets: 4

