



LEGS – PAUSED SUPER SETS

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

1.) BARBELL SQUAT

Paused Reps: 6-8 reps (pause at the bottom)

Rest: 90-seconds

Total Sets: 4

2.) BULGARIAN SPLIT SQUAT

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

3.) CLOSE-STANCE DUMBBELL GOBLET SQUAT

Paused Reps: 6-8 reps (pause at the bottom)

Rest: 90-seconds

Total Sets: 4

4.) LYING HAMSTRING CURL

Paused Reps: 6-8 reps (pause at the top)

Followed by...

LEG EXTENSION

8-10 reps

Rest: 90-seconds

Total Sets: 4

5.) CALF RAISE MACHINE

8-10 reps

Followed by...

SINGLE-LEG CALF RAISE

Paused Reps: 8-10 reps with each side (pause at the top)

Rest: 90-seconds

Total Sets: 4