



LEGS – BERSERK SETS

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

1.) LEG EXTENSION

8-10 reps

Rest: 90-seconds

Total Sets: 4

2.) BERSERK SET: SMITH MACHINE SQUAT

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

3.) BERSERK SET: DUMBBELL GOBLET SQUAT

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

4.) LEG EXTENSION HIP THRUST

8-10 reps

Rest: 90-seconds

Total Sets: 4

5.) CALF RAISE MACHINE COMBO

10 reps regular, 10 reps toes-out, 10 reps toes-in

Rest: 90-seconds

Total Sets: 5