



LEGS – STRENGTH TO VOLUME SETS

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

1.) VOLUME: BODY-WEIGHT LEG EXTENSION

15-20 reps

Rest: 90-seconds

Total Sets: 3

2.) STRENGTH: BARBELL SUMO DEADLIFT

6-8 reps

Rest: 90-seconds

Total Sets: 4

3.) STRENGTH: BARBELL SQUAT

6-8 reps

Rest: 90-seconds

Total Sets: 4

4.) STRENGTH: ALTERNATE BACKWARD BARBELL LUNGE

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

5.) VOLUME: BARBELL HIP THRUST

15-20 reps

Rest: 90-seconds

Total Sets: 3

6.) STRENGTH: BARBELL CALF RAISE

6-8 reps

Rest: 90-seconds

Total Sets: 4

7.) VOLUME: ANKLE FLEXION TO EXTENSION

30 reps

Rest: 90-seconds

Total Sets: 3