



LEGS – DOUBLE DROP SETS

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

Double Drop Set: Do the required reps then drop the weight by 30% and do 5 more reps, then drop the weight by 30% again and do 5 more reps.

1.) HACK SQUAT

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

2.) DUMBBELL SUMO SQUAT

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

3.) DUMBBELL WALKING LUNGE

10 reps with each side

Rest: 90-seconds

Total Sets: 4

4.) DUMBBELL HIP THRUST

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

5.) SEATED HAMSTRING CURL MACHINE

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

6.) STANDING CALF RAISE MACHINE

8-10 reps with each side. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

7.) SEATED CALF RAISE MACHINE

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4