



LEGS – CLUSTER & PAUSED REP SETS

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

Cluster Set: Choose a weight you can barely do 10-12 reps with. Then rest 5-seconds and do another 3-4 reps at a time. Repeat the 5-second rest and another 3-4 reps process until you reach a total of 25 reps.

1.) CLUSTER SET: LEG EXTENSION

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

2.) PAUSED REPS: BARBELL SQUAT

8-10 reps (pause on the bottom for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

3.) CLUSTER SET: HACK SQUAT MACHINE

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

4.) PAUSED REPS: CLOSE-STANCE DUMBBELL GOBLET SQUAT

8-10 reps (pause on the bottom for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

5.) PAUSED REPS: LYING HAMSTRING CURL MACHINE

8-10 reps (pause at the top for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

6.) CLUSTER SET: CALF PRESS MACHINE

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 3