



LEGS – STRONG MAN & MOUNTAIN SETS

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

Mountain Set: Choose a weight you can moderately do 10 reps with. Rest for 10-seconds then do 9 reps, rest for another 10-seconds then do 8 reps. Repeat this process until you get to and complete 5 reps.

1.) BODY-WEIGHT LEG EXTENSION

12-15 reps

Rest: 60-seconds

Total Sets: 3

2.) STRONG MAN SET: DUMBBELL BULGARIAN SPLIT SQUAT

6-8 reps with each side

Rest: 90-seconds

Total Sets: 3

3.) STRONG MAN SET: CLOSE-STANCE DUMBBELL GOBLET SQUAT

6-8 reps

Rest: 90-seconds

Total Sets: 3

4.) STRONG MAN SET: DUMBBELL STIFF-LEG DEADLIFT

6-8 reps

Rest: 90-seconds

Total Sets: 3

5.) MOUNTAIN SET: DUMBBELL SUMO SQUAT

10 reps to 5 reps (refer to the description above)

Total Sets: 1

6.) STRONG MAN SET: DUMBBELL CALF RAISE

6-8 reps

Rest: 90-seconds
Total Sets: 4