



LEGS – SUPER DROP SETS

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

Drop Set: Do the recommended reps, then drop the weight by around 30% and rep out till failure.

1.) SQUAT HOPS

20 reps. Followed by...

LEG EXTENSION

10-12 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

2.) ALTERNATE BARBELL BACKWARD LUNGE

10-12 reps with each side

Rest: 90-seconds

Total Sets: 3

3.) LEG PRESS

10-12 reps

Rest: 90-seconds

Total Sets: 3

4.) DUMBBELL STEP-UP

10-12 reps with each side. Followed by...

LYING LEG CURL

10-12 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

5.) BARBELL CALF RAISE

10-12 reps

Rest: 90-seconds

Total Sets: 4