



## **LEGS – BERSERK & PAUSED REP SETS**

**Warm Up: 2 sets of 15 reps of the 1<sup>st</sup> exercise**

**1.) PAUSED REP SET: BARBELL SQUAT**

8-10 reps (pause on the bottom for 2-sec.)

Rest: 90-seconds

Total Set: 4

**2.) BERSERK SET: DUMBBELL GOBLET SQUAT TO FRONT LUNGE**

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

**3.) PAUSED REP SET: LYING HAMSTRING CURL**

8-10 reps (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 4

**4.) BERSERK SET: SMITH MACHINE CLOSE-STANCE SQUAT TO LUNGE**

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

**5.) PAUSED REP SET: SINGLE-LEG CALF RAISE**

8-10 reps with each side (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 4