



LEGS – PREDATOR SETS

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

1.) LEG EXTENSION

10-12 reps

Rest: 90-seconds

Total Sets: 3

2.) PREDATOR SET: SMITH MACHINE BULGARIAN SPLIT SQUAT

6 slow reps, followed by 6 fast reps with each side

Rest: 90-seconds

Total Sets: 3

3.) BARBELL SUMO DEADLIFT

8-10 reps

Rest: 90-seconds

Total Sets: 3

4.) PREDATOR SET: LEG PRESS

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

5.) PREDATOR SET: SEATED HAMSTRING CURL MACHINE

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

6.) PREDATOR SET: LEG PRESS CALF RAISE

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 4