



LEGS – REST PAUSE SETS

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

Rest-Pause Set: Complete the reps indicated in the workout of your working weight. Once you have completed the set, take a 10-15 second rest and complete further reps with the same weight until failure.

1.) BARBELL SQUAT

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

2.) ALTERNATE BACKWARD BARBELL LUNGE

8-10 reps with each side. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

3.) BARBELL DEADLIFT

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

4.) BARBELL HIP THRUST

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Set: 3

5.) BARBELL CALF RAISE

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3