



## **LEGS – STRENGTH TO VOLUME SETS**

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

### **1.) VOLUME SET: LEG EXTENSION**

15-20 reps

Rest: 90-seconds

Total Sets: 3

### **2.) STRENGTH SET: BARBELL DEADLIFTS**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **3.) STRENGTH SET: HACK SQUAT**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **4.) STRENGTH SET: ALTERNATE BARBELL BACKWARD LUNGE**

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

### **5.) VOLUME SET: LEG EXTENSION HIP THRUST**

15-20 reps

Rest: 90-seconds

Total Sets: 3

### **6.) STRENGTH SET: BARBELL CALF RAISE**

6-8 reps

Rest: 90-seconds

Total Sets: 4

**7.) VOLUME SET: SINGLE-LEG BODY-WEIGHT CALF RAISE**

30 reps with each side

Rest: 90-seconds

Total Sets: 3