



## **LEGS – GIANT & PAUSED REP SETS**

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

**Giant Set:** Do all 3 exercises back to back, then rest after.

**Paused Rep Set:** Pause for 2-3 seconds on a specific part of the movement.

### **1.) GIANT SET: DUMBBELL WALKING LUNGE**

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

### **CLOSE-STANCE DUMBBELL GOBLET SQUAT**

10-12 reps. Followed by...

### **LEG PRESS**

8-10 reps

Rest: 2-minutes

Total Sets: 3

### **2.) PAUSED REPS: LYING LEG CURL MACHINE**

10-12 reps (pause on the top)

Rest: 90-seconds

Total Sets: 3

### **3.) GIANT SET: LEG EXTENSION MACHINE**

10-12 reps. Followed by...

### **DUMBBELL CALF RAISE COMBO**

10 reps toes out, 10 reps toes in. Followed by...

### **ANKLE EXTENSION**

30 reps.

Rest: 2-minutes

Total Sets: 3