



LEGS – BERSERK SETS

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

Berserk Set: Do 8 reps with both sides, followed by 5 reps alternating sides.

1.) BERSERK SET: SMITH MACHINE SQUAT TO LUNGE

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

2.) BARBELL SUMO DEADLIFT

8-10 reps

Rest: 90-seconds

Total Sets: 3

3.) BERSERK SET: DUMBBELL GOBLET SQUAT TO BENCH

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

4.) HACK SQUAT

8-10 reps

Rest: 90-seconds

Total Sets: 3

5.) BARBELL HIP THRUST

8-10 reps

Rest: 90-seconds

Total Sets: 3

6.) CALF PRESS MACHINE

12-15 reps

Rest: 90-seconds
Total Sets: 4