



LEGS – DESCENDING & VITALITY SETS

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

Descending Set: Increase the weight as the reps decrease with every set.

Vitality Set: Use a light weight for 1 set of 50 reps.

1.) DESCENDING SET: WIDE STANCE DUMBBELL GOBLET SQUAT

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

2.) DESCENDING SET: DUMBBELL BULGARIAN SPLIT SQUAT

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

3.) DESCENDING SET: DUMBBELL WALKING LUNGE

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

4.) DESCENDING SET: DUMBBELL RDL

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

5.) VITALITY SET: DUMBBELL HIP THRUST

1 Set: 50 reps

6.) DESCENDING SET: DUMBBELL CALF RAISE

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

7.) VITALITY SET: DUMBBELL CALF RAISE COMBO

1 Set: 25 reps toes out, 25 reps toes in