



LEGS – PRE EXHAUST SETS

Warm Up: 5-10 min incline treadmill + 2 light warm-up sets of leg extensions + glute bridges

1.) Leg Extension

15-20 reps. Followed immediately by...

Hack Squat

8-10 reps

Rest: 2-min

Total sets: 3

2.) Lying Leg Curl

12-15 reps. Followed immediately by...

Barbell Romanian Deadlifts

8-10 reps

Rest: 2-min

Total sets: 3

3.) Barbell Hip Thrust

15 reps. Followed immediately by...

Dumbbell Bulgarian Split Squat

8 reps with each side

Rest: 2-min

Total sets: 3

4.) Calf Press Machine Combo

10 reps neutral, 10 reps toes-out, 10 reps toes-in. Followed immediately by...

Dumbbell Goblet Squat

15 reps. Followed immediately by...

Dumbbell Jump Squats

15 reps

Rest: 30-sec

Total sets: 3

Coach's Corner — Legs Edition

🔥 **This wasn't just a leg day — it was a control day. You didn't just go heavy. You lit the muscles up *before* the heavy lifts, forcing deeper tension and better muscle recruitment.**

👉 Your quads had to fire before you squatted. Your hamstrings were primed before pulling. And your glutes? They showed up in every rep.

👉 Your core was there to stabilize it all — making sure your low back stayed safe while the lower body did the work.

Strong legs aren't built by luck — they're built by intention.
You just earned another step forward. Stay dialed in.