



## **QUADS, HAMSTRINGS, CALVES – ANTAGONIST SUPERSET WORKOUT**

Warm Up: 5-10 min bike + 1 light warm-up sets of leg extensions + hamstring curls

### **1) Leg Press**

10-12 reps. Followed immediately by...

#### **Dumbbell Romanian Deadlifts**

8-10 reps

Rest: 90 sec

Total sets: 3

### **2) Leg Extensions (pause at the top)**

12-15 reps. Followed immediately by...

#### **Seated Hamstring Curl (slow negative)**

12-15 reps

Rest: 60 sec

Total sets: 3

### **3) Dumbbell Double-Pump Walking Lunges**

12 steps with each leg. Followed by...

#### **Leg Extension Hip Thrust**

12-15 reps

Rest: 60 sec

Total sets: 3

#### **4) Standing Calf Raise (3-sec pause at top)**

12-15 reps. Followed immediately by...

#### **Seated Calf Raise**

15-20 reps

Rest: 30-45 sec

Total sets: 3

#### **5) Body-Weight Squat**

45 sec of reps. Followed immediately by...

#### **Lying Leg Curl**

20-25 reps


Rest: no rest

Total sets: 2

### **Coach's Corner — Legs & Calves Edition**

 **This session hit your legs from every angle — hard, smart, and with purpose.**

 You trained opposites to build balance: quads vs. hams, push vs. pull.

 You finished with focused calf work — because strong legs don't stop at the knee.

**Respect the rest times. Own the tempo. Build the foundation.**