



LEGS- GYM					
	SETS	REPS/TIME	EXERCISE	EXERCISE SWAP	TIPS/TRICKS
<b>WORKOUT</b>					
<b>A1</b>	4	15,12,10,8	<b>BB Sumo Squat</b>	BB Squat	Drive through heels and recruit as much glutes and hamstrings as you can.
<b>B1</b>	3	12-15	<b>BB Good Morning</b>	BB Romanian Deadlift	Feet shoulder width apart & bar on back. Brace core & hinge forward at hips until you feel a stretch in lower hamstrings. Pause & return to start.
<b>C1</b>	4	10-12	<b>Leg Press</b>	BB Lunges	On the Leg Press machine, Keep soft knees throughout. Drive through heels using glutes & hamstrings.
<b>D1</b>	4	12-15	<b>Glute-Hamstring Raises</b>	BB Hip Thrust	Control the downwards movement through glutes and hamstrings. Drive Through Heels and return to starting position and squeeze your glutes. DON'T hyperextend your back at the top.
<b>D2</b>	4	10-12	<b>Leg Extensions</b>	Wall Squat Hold	Sitting upright in the seat. Squeeze quads as you raise bar up. Pause at the top and slowly lower.
<b>E1</b>	4	12-15	<b>Standing Calf Raises</b>	Seated Calf Raise	Machine on your shoulders, squeeze calves as you raise to the top of the movement. Pause and slowly lower.