



LEGS					
	SETS	REPS/TIME	EXERCISE	EXERCISE SWAP	TIPS/TRICKS
WARMUP	3	15	Lying Banded Abductors	Standing Banded Abductor	Band above your knees. Lifting one leg up to the side. Squeeze side of glutes & slowly lower, repeat.
WARMUP	3	10/Side	Banded Crab Walks	Curtsy Lunge	In a squat position, band above your knees. Walk 10 steps to your right in this position, repeat on left side
WORKOUT					
A1	4	15,12,10,8	Leg Press	BB Squat	On the Leg Press machine, Keep soft knees throughout. Drive through heels using glutes & hamstrings.
B1	3	15	BB Good Morning	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.
C1	4	12,10,8,6	DB Split Squats -Close Stance	BB Lunges	Place back foot on box/bench. Lower into a lunge position, pause at the bottom and return to start, repeat. Quad focused.
D1	3	10/Side	B- Stance Glute Thrust	BB Hip Thrust	Control movement with glutes & hamstrings by driving through heels. Squeeze glutes, & slowly lower. Keep constant tension.
E1	4	10-12	Leg Extensions	Wall Squat Hold	Sitting upright in the seat. Squeeze quads as you raise bar up. Pause at the top and slowly lower.
E2	4	15-20	Standing Calf Raises	Seated Calf Raise	Machine on your shoulders, squeeze calves as you raise to the top of the movement. Pause and slowly lower.