



LEGS

30 MIN WORKOUT

EXERCISE	REPS	SETS	REST
BODY WEIGHT SQUATS (warm-up)	15-20	2	30 SECS
BB SQUATS	8-12	2-3	90 SECS
LEG CURL SS SPLIT SQUATS DB	12	2-3	90 SECS
KB DEADLIFTS SS JUMP SQUATS	12	2-3	90 SECS

60 MIN WORKOUT

EXERCISE	REPS	SETS	REST
BODY WEIGHT SQUATS (warm-up)	25	2	45 SECS
BB SQUATS	8-12	5	90 SECS
BB ROMANIAN DEADLIFTS SS STANDING CALF RAISES	10	4	90 SECS
LEG CURL SS SPLIT SQUATS DB	12	4	90 SECS
DB WALKING LUNGES SS JUMP SQUATS	20	4	90 SECS

KEY:

BB	BARBELL
DB	DUMBBELL
DS	DROP-SET
KB	KETTLE BELL
SS	SUPER-SET



BODY WEIGHT SQUATS



BB SQUATS



LEGS CURL



SPLIT SQUATS DB



KB DEADLIFTS



JUMP SQUATS



BB ROMANIAN DEADLIFTS



CALF RAISES



DB WALKING LUNGES

