

Free Leg Workout 2

Exercise	Sets	Reps
<u>Superset: A & B</u> Leg Extensions Heels Together-A Leg Extensions Toes Together-B	4	10/each way
<u>Giant Set: A, B, C</u> Leg press Feet Together and High on press-A Leg press Feet Shoulder width apart-B Leg press Feet wide-C	5	7/each position
Cable Stiff Leg Dead Lift	6	20,25,30,30,25,20
Reverse Side Lunge	4	20/side
Barbell Hamstring Bridge	6	20,25,30,30,25,20

Cardio: 30 minutes

Superset: a technique in which you do two exercises back to back with no rest.

Example: Leg extension heel together, you will do 10 reps, and then immediately reposition you feet to toes together and to 10 more reps, then rest. That is ONE set. You will proceed to do that sequence 3 more times to finish the 4 sets.

Giant Set: a technique in which you do three exercises back to back to back with no rest.

Example: Leg press, you will do 7 reps with your feet together and high on the press (ball of feet at the top of the press) then reposition your feet to shoulder width apart and do 7 more reps, reposition again and so the final 7 reps with your feet wide on the plate. That is ONE set. You will rest and do that same sequence 4 more times to finish all 5 sets.

The 6 set exercises does not mean you go through ALL those reps 6 times, 20 reps is one set, 25 reps is set two, 30 reps is set three, 30 reps is set four, 25 reps is set five, and finally back to 20 reps is set six and you are done.