

## **Free Leg Workout 3**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Leg Press-Rest pause, working negative</b>	<b>3</b>	<b>10,12,15</b>
<b>Leg Extension-Rest pause, working negative</b>	<b>3</b>	<b>10,12,15</b>
<b>Single Leg Hamstring Curl-working negative</b>	<b>3</b>	<b>10,12,15/leg</b>
<b>Smith Machine Sissy Squats</b>	<b>4</b>	<b>15</b>
<b>Superset:</b>		
<b>Wide Leg Plate Squat</b>	<b>4</b>	<b>15</b>
<b>Barbell Stiff Leg Dead Lifts</b>		<b>15</b>
<b>Bench Lateral Jumps</b>	<b>4</b>	<b>20,30,40,50</b>

**Cardio: 30 minutes**

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

**3 Second Negatives:** I want you to slowly bring the weight back down to starting position over a 3 second count. Don't rush it down; go slow and controlled to make the muscles work. Make sure to hold each rep at the top for 2-3 seconds to keep the muscles contracted.