

## **Free Leg Workout 4**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Barbell Squats with Plate assist (place your heels on the plate only)</b>	<b>4</b>	<b>10,12,12,15</b>
<b>Split Barbell Squat</b>	<b>4</b>	<b>10,12,12,15/leg</b>
<b>Smith Machine Vertical Leg Press</b>	<b>4</b>	<b>12,15,15,12</b>
<b>Dumbbell Hamstring Curl</b>	<b>4</b>	<b>15</b>
<b>Barbell Bridge (bosu ball assist)</b>	<b>4</b>	<b>12,15,15,12</b>
<b>Hamstring Spring (bosu ball assist)</b>	<b>4</b>	<b>8</b>

**Cardio: 30 minutes**

**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.