

[Free Leg Workout](#)

Exercise	Sets	Reps
Leg Press	5	50,40,30,20,10
Leg Extensions	5	50,40,30,20,10
Dumbbell Goblet Squats	5	50,40,30,20,10
Dumbbell Squats (feet shoulder distance apart).	5	50,40,30,20,10
Dumbbell Hamstring Curls (if you can't do these use the Hamstring curl machine).	5	50,40,30,20,10

Cardio: 30 minutes

Pyramid Sets: we will be doing half pyramids today and it will be brutal.

Pyramid Sets are a great way to hammer your workout and get in and out of the gym in an efficient amount of time. Today there is 5 sets: 50,40,30,20,10 reps, minimal rest of 30-45 seconds between sets and you don't stop until you have finished all 5 sets.

IE: 50 reps is one set, 40 reps is the second set, 30 reps is the third set, 20 reps is the fourth set, and 10 reps is the fifth and final set. If you can add weight as you go down the pyramid with fewer reps that will be AWESOME!