

Legs – Routine 1

Exercise	Sets	Reps
Barbell Back Jump Squats	4	15
Barbell Straight Leg Deadlifts	3	12
Leg Press w/ Low Pulses	4	10,8,6,4,2
Barbell Back Lunges (Drop Set – No weight)	4 4	16 16
Lying Leg Raises	3	15
Seated Leg Extensions (Drop Set)	6 6	10 To Fail
Seated Calf Raises	3	15
Standing Hack Calf Raises	3	20