

Legs – Routine 2

Exercise	Sets	Reps
Deadlifts	3	12
Barbell Back Squats	3	12
(Drop Set)	3	12
Barbell Back Lunges	3	16
SUPER SET Hover Lunges	3	16
Leg Press Hold	3	30 seconds
Leg Extensions	3	12
SUPER SET Machine Leg Curls	3	12
Single Leg Extensions	3	12 each side
SUPER SET Single Leg Lying Leg Curls	3	12 each side
SUPER SET Single Leg Calf Raises	3	12 each side
Leg Press Calf Raises	3	20