

Legs – Routine 4

Exercise	Sets	Reps
Barbell Back Squats	3	4-6
Smith Machine Vertical Leg Press	3	15
Hack Squats	3	10
Leg Press Hold	3	30 seconds
Machine Leg Extensions	6	12 (slow eccentric)
Machine Leg Curls	6	12 (slow eccentric)
Machine Calf Raises	6	20