

### Legs – Routine 5

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Barbell Back Squats	4	12
SUPER SET Wall Sit	4	30 seconds
Sled Push	4	60 metres (HEAVY)
Machine Leg Extensions	4	12
(Drop Set)	4	12
Machine Leg Curls	4	12
(Drop Set)	4	12
Machine Calf Raises	4	15