

Legs – Routine 6

Exercise	Sets	Reps
Smith Machine Back Squats	4	8
Smith Machine Back Squat Hold	4	30 seconds
Machine Leg Extensions	4	12
(Drop Set)	4	12
Machine Leg Curls	4	12
(Drop Set)	4	12
Barbell Back Lunges	4	20
(Drop Set – Body Weight)	4	20
Leg Press Calf Raises	4	15
Hack Squat Calf Raises	4	15