

# TRAINING PROGRAM: WEEK 2

## DAY 10: HAMSTRINGS AND CALVES

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 40 minutes before consuming food
Lying legs curls (BFR)	7	15-20	First three sets are feeder sets, and then occlusion training with bands for the remaining sets
Smith machine stiff-legged deadlifts	5	15-20	
Seated legs curls	4	30	Occlusion (BFR) training for this move as well
Bent-over single-legs curls	4	12-15 each leg	
Seated leg press calf presses	6	10	On a seated leg press sled with feet below hips. Complete 8-10 reps, and then do partial reps to failure. Increase weight each set
Standing calf raises	4	10-15	This move hits the gastrocnemius
Stepmill	1	1	Perform 25 minutes immediately after weight-training to work your soleus

### NOTES:

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