

TRAINING PROGRAM: WEEK 5

DAY 30: QUADS

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 55 minutes before consuming food
Legs presses	7	25	Feet placed low and close together on the platform. Add intensity bands on the last 3-4 sets
Squats	5	12-15	Use a close stance and wrap your upper legs for occlusion (Blood-flow restriction—BFR)
Smith machine box sissy squats	3	15	
Legs extensions	4	20	
Post-workout cardio	1	1	Perform 40 minutes immediately after weight-training or add this session later in the evening

NOTES:
