

# TRAINING PROGRAM: WEEK 5

## DAY 34: LEGS

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 55 minutes before consuming food
Lying legs curls	10	10-15	Wrap your upper legs for occlusion (Blood-flow restriction—BFR)
Legs presses	10	8-12	
Legs extensions	10	15	
Hack squats	10	8-10	With intensity bands
Seated legs curl	10	20	Wrap your upper legs for occlusion (Blood-flow restriction—BFR)
Post-workout cardio	1	1	Perform 40 minutes immediately after weight-training or add this session later in the evening

### NOTES:

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