

DAY 3: LEGS

EXERCISE	WORKING SETS	REPS	STRATEGY
Lying leg curl	3	20	Rest-pause
Stiff-legged deadlift	3	20	Rest-pause
Hack squat	3	20	Rest-pause
Leg press	3	20	Rest-pause
Smith machine squat	3	20	Rest-pause
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
