

TRAINING GUIDE WEEK 2

DAY 10: LEGS

EXERCISE	SETS	REPS	STRATEGY
Leg extension	3	15–20 initial 35–40 total	Drop sets (2) 10 more reps per drop
Hack squat	3	15–18 initial 35–38 total	Drop sets (2) 10 more reps per drop
Squat	3	15–16 initial 35–36 total	Drop sets (2) 10 more reps per drop
Smith machine lunge	3	15–16 initial 35–36 total (per leg)	Drop sets (2) 10 more reps per drop
Lying leg curl	3	15 initial 35 total	Drop sets (2) 10 more reps per drop
НІІТ	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:	