

DAY 17: LEGS

EXERCISE	SETS	REPS	STRATEGY
Giant set #1			
Leg press	3	10	Giant set #1
Hack squat	3	10	Giant set #1
Stiff-legged dumbbell deadlift	3	10	Giant set #1
Giant set #2			
Seated leg curl	3	10	Giant set #2
Leg extension	3	10	Giant set #2
Dumbbell walking lunge	3	20 (10 per leg)	Giant set #2
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
