

**DAY 24: LEGS**

EXERCISE	SETS	REPS	STRATEGY
Barbell box squat	3	10 + 5 partial reps	Regular + partial reps
Meadows split squat	3	10 + 5 partial reps	Regular + partial reps
Reverse hack squat	3	10 + 5 partial reps	Regular + partial reps
Leg extension	3	10 + 5 partial reps	Regular + partial reps
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

**NOTES:**

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