

DAY 31: LEGS

EXERCISE	SETS	REPS	STRATEGY
Leg press	10	30, 25, 20, 15, 10, 10, 15, 20, 25, 30	DTP
Leg extension	3	30, 20, 10	DTP
Stiff-legged dumbbell deadlift	3	10, 20, 30	DTP
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
