

**DAY 38: LEGS**

EXERCISE	SETS	REPS	STRATEGY
Hack squat	5	30, 25, 20, 15, 10	DTP
Leg extension	5	10, 15, 20, 25, 30	DTP
Smith machine squat	5	30, 25, 20, 15, 10	DTP
Single-leg curl	5	10, 15, 20, 25, 30 (per leg)	DTP
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

**NOTES:**

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