

TRAINING GUIDE WEEK 7

DAY 45: LEGS

EXERCISE	SETS	REPS	STRATEGY	
SUPERSET 1: Leg press & Hack squat	3	25, 15, 10	DTP with supersets	
SUPERSET 2: Leg press & Hack squat	3	10, 15, 25	DTP with supersets	
Lying leg curl	3	30, 20, 10	DTP	
Leg extension	3	10, 20, 30	DTP	
НІІТ	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes	

NOTES:		