

DAY 52: LEGS

EXERCISE	SETS	REPS	STRATEGY
Barbell squat	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Hack Squat	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Seated leg curl	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
