

WEEK 2

LEG DAY

Leg Press: 3 x 6 – 10

- Warmup set with no weight before first round
- Feet should be shoulder width apart, flat throughout press, pointed forward
- Knees should not go past toes or “lock” at top of push phase

Hamstring Curls: 3 x 10

- Laying on the ground using a towel (if floor is slick) or cart at feet
- Bring/slide feet back towards glutes
- Don't bend at hips
- Keep core tight

Quad Extension (Machine): 3 x 8 – 12

DB Lunges: 3 x 8

- Lunging forward as opposed to backward like in reverse lunges
- Knees should be at 90 degrees at end of lunge
- Make sure to go all the way down
- Controlled Descend, powerful push back up

DB Calf Raises: 3 x 6 – 8

These are optional

- Powerful push up, controlled descend

Box Jumps: 3 x 5