

1 - LEG EXTENSION



SETS

3

REPETITIONS

To failure

Pre exhaustion

2 - BARBELL SQUAT



SETS

4

REPETITIONS

15+12+10+8

Increasing weight



3 - LEG PRESS 45°



SETS

3

REPETITIONS

10+10



10 repetitions, holding 3 seconds in the isometric + 10 repetitions with a normal execution

4 - SUMO DEADLIFT + BULGARIAN SQUAT



SETS

3

REPETITIONS

12



SETS

3

REPETITIONS

12

5 - LEG CURL



SETS

3

REPETITIONS

12



6 - STEP BACK LUNGE IN THE SMITH



SETS

3

REPETITIONS

12