

1 - SMITH MACHINE



SETS

3

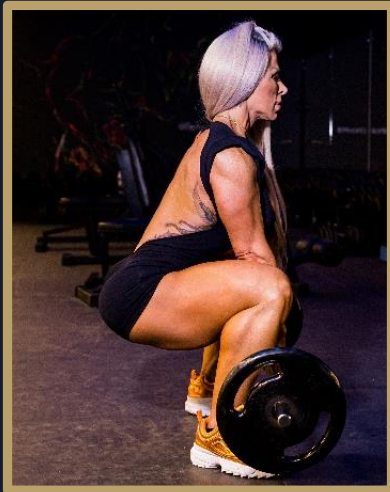
REPETITIONS

5+6

5 normal repetitions + 6 repetitions going up very slowly, in the concentric phase.



2 - DEADLIFT + SQUAT WITH DUMBBELL



SETS

3

REPETITIONS

10



SETS

3

REPETITIONS

20

Deadlift – Normal execution.

Squat With Dumbbell – Going up only 60% of the movement.

3 - SEATED LEG CURL



SETS

4

REPETITIONS

10

Normal execution.



4 - LEG PRESS



SETS

4

REPETITIONS

10+8+6+20

Adding weight progressively.
Execute the last set with less weight.





5 - LEG EXTENSION

SETS

14

REPETITIONS

12

Rest 25 seconds after the seventh set.



6 - WALKING LUNGES

SETS

3

REPETITIONS

Until Failure