



1 - SMITH SQUAT MACHINE

SETS

3

REPETITIONS

12

Control the eccentric phase.

2 - HACK MACHINE + SQUAT WITH DUMBBELL



SETS

3

REPETITIONS

12



SETS

3

REPETITIONS

12

Hack Machine - Go down very slow.
Squat With Dumbbell- Go down, also slowly.

3 - LEG PRESS 45°



SETS

3

REPETITIONS

12



Stop 3 seconds in the isometric

4 - LEG EXTENSION + STEP LUNGES



SETS

3

REPETITIONS

10



SETS

3

REPETITIONS

12

Leg Extension - Hold the concentric phase.

Walking Lunges - Normal execution.

6 - LEG CURL



SETS

3

REPETITIONS

12

