

1 - LEG CURL



SETS

2

REPETITIONS

20

Pre activation.



2 - HACK MACHINE



SETS

3

REPETITIONS

10+5

10 repetitions going up slowly and
5 repetitions with normal execution.



3 - DEADLIFT



SETS

2

REPETITIONS

10



Normal execution.

4 - 45° LEG PRESS



SETS

3

REPETITIONS

8

Maximum weight.



5 - 90° LEG UNILATERAL + BULGARIAN ON THE SMITH



SETS

2

REPETITIONS

10



SETS

2

REPETITIONS

15



90° Leg Unilateral – Use a heavy weight, 10 repetitions each side.
Bulgarian on the Smith – Use a moderated weight, 15 repetitions each side.
Execute all left side repetitions then execute all right side repetitions.



6 - VERTICAL UNIALTERAL LEG CURL

SETS

2

REPETITIONS

15

Normal execution.





7 - LEG EXTENSION

SETS

7

REPETITIONS

12

25 seconds rest each set.