

WARM UP – LEG CURL

SETS

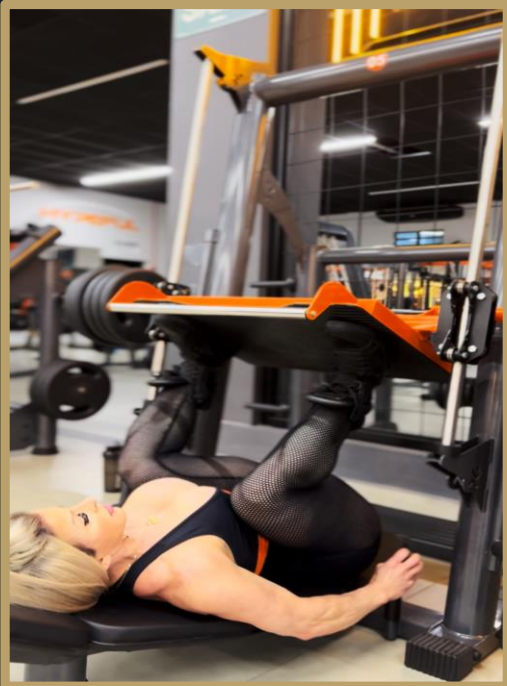
2

REPETITIONS

20

Normal execution.





2 – 90° LEG PRESS

SETS

4

REPETITIONS

10

Hold 3 seconds in the isometry.

3 – DEADLIFT



SETS

3

REPETITIONS

12

Normal execution





4 – SEATED LEG CURL

SETS

2

REPETITIONS

15-12-10

Progressive weight.

5 – STEP BACK LUNGE IN THE SMITH + UNILATERAL STIFF



SETS

2

REPETITIONS

10+15

Normal execution



6 – UNILATERAL VERTICAL LEG CURL

SETS

7

REPETITIONS

12

20 seconds rest between sets.

