



Leg Day #1

Exercise	Sets	Reps
Dynamic Warm Up/Stretch (Run, Jump Rope, etc.)	1	5-10 mins
Back Squat	5	10
Bulgarian Split Squat	3	10
Leg Extension	3	4 (drop set)
Leg Press	3	12

Load: For this workout, make sure to find your 1 rep max. Start light, work until it feels heavy. After you find your 1RM, use about 70-75% of that weight.

Rest: 30-45 seconds between sets. About 1-2 minutes between exercises.

Drop Set: for leg extension, just 3 sets. Do 4 consecutive reps, followed by 4 reps with 2 sec. Holds at the top, then four more reps. Drop weight ten pounds and go again.