



Leg Day #2

Exercise	Sets	Reps
Dynamic Warm Up/Stretch (Run, Jump Rope, etc.)	1	5-10 mins
Front Squat	5	10
Hamstring Curls	3	10
Glute Bridges	3	10
Hack Squat	3	10

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.