

# DAY 15—LEGS, CALVES

EXERCISE	SETS/REPS	COMMENT
Cardio	25 Minutes <input type="checkbox"/>	Steady-state upon waking
Leg Extensions	3 Sets - 20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET: 20 reps of leg extensions followed immediately by 20 walking lunges per leg. No rest throughout the entire superset
Walking Lunges	3 Sets - 20 Reps / Leg <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Machine Squats	4 Sets - 20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Leg Presses	4 Sets - 20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Stiff-Legged Dumbbell Deadlifts	3 Sets - 20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Single-Leg Standing Calves Raises	3 Sets - 20 + 10 / Leg <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Perform 20 reps slowly, and then finish off with 10 fast reps. Then perform the same number of reps for the other leg. No rest between sets
Cardio	35 Minutes <input type="checkbox"/>	Steady state immediately after legs training or later in the evening

## NOTES:

---



---



---



---



---