

# DAY 50—LEGS, CALVES & ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	60 minutes	Perform 45 minutes of steady-state cardio on one machine and 15 more minutes on another. Do not rest between
Leg Extensions	3 Sets - 20 Reps	CIRCUIT 1: Perform leg extensions, lying hamstrings curls, glutes/hams raises and bear crawls with no rest. Then go immediately into the next circuit without resting
Lying Hamstrings Curls	3 Sets - 20 Reps	
Glutes/Hams Raises	3 Sets - Failure	
Bear Crawls	3 Sets - 20 Reps	10 per side forward and 10 per side back
Squats	3 Sets - 15-20 Reps	CIRCUIT 2: For this circuit, you'll perform squats, followed immediately by walking lunges, and then standing calves raises and abs rollers. You'll rest for 2 minutes between each of these circuits
Walking Lunges	3 Sets - 20 Reps per Leg	
Standing Calves Raises	3 Sets - 30 Reps	
Abs Rollers	1 Sets - 1 Minute	Perform 20 slow reps followed by 10 fast reps
Leg Press Calves Raises	3 Sets - 30 Reps	GIANT SET: You'll perform leg extension calves raises, followed immediately by goblet squats, and conclude with medicine ball sit-ups. No rest until you've completed the entire giant set
Goblet Squats	3 Sets - 30 Reps	

