

BEGINNER

Set pause: 3-4 min

NORMAL SET

Cossack squats

- 1 10 repetitions
- 2 10 repetitions
- 3 10 repetitions
- 4 10 repetitions

Set pause: 3-4 min

SUPERSET

Side to side squats

- 1 10 repetitions
- 2 10 repetitions
- 3 10 repetitions
- 4 10 repetitions

Natural leg extension

- 1 5 repetitions
- 2 5 repetitions
- 3 5 repetitions
- 4 5 repetitions

Set pause: 1 min

NORMAL SET

Calf raises outwards

- 1 30 repetitions
- 2 30 repetitions