

Wednesday

Bulgarian Split Squats: 5-7, 6-8, 6-8 (RPT)

Leg Extensions: 10-12, 10-12, 10-12 (RPT)

Rack Pulls (below knee): 3 x 6 reps (first set is a light set. Second and Third set is heavy weight)

Standing Calf Raises: 10-12, 10-12, 10-12 (RPT)

ABS

Hanging Leg Raises: 2 sets of 5-15 reps

Hanging Side to Side Knee Ups: 1 set of max reps

Notes

Identical to first phase.