



Leggression

Exercise	Rest	Sets	Reps	Weight	Notes
Single leg hack squat superset Leg extension	1:00	4	8 21		21s method for the leg extension
Barbell lunge	1:30	4	20		If performed with a partner, use I Go/ You Go method
Single leg curl superset Lying leg curl	1:00	3	8 21		21s method for the lying leg curl
Squat	1:00	5	12 12 8 6 5		