



Leggression

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