



Legsacre

The Ultimate Lower Body Challenge

Exercise	Rest	Sets	Reps	Weight	Notes
Poliquin step-up	1:00	3	12		Tempo: 2-0-1-0
Tire flip	2:30	5	8		Tempo: 2-0-1-0
giant set					
Sumo squat			10		Tempo: 3-0-1-0
Back sled walk			2		Tempo: 5-5-5-5
Walking lunge	2:30	5	2		Tempo: 5-5-5-5
giant set					
Seated leg extension			24		Tempo: 2-0-1-0
drop set: 8-8-8					
Prowler sprint			2		Tempo: 5-5-5-5