



Top-to-Bottom Blaster

Exercise	Rest	Sets	Reps	Weight	Notes
Leg extension rest-pause set	1:30	3	20		• Perform 10 reps • Hold weight for 3-5 seconds • Perform 5 reps • Hold weight for 3-5 seconds • Perform 5 reps
Leg press	1:30	3	20		10 wide stance, 10 close
Hack squat	1:30	3	12		
Machine biceps curl	1:30	3	12		
Alternating dumbbell curl superset Barbell curl	1:30	4	8		
Rope curl giant set Preacher curl machine Reverse curl	1:30	3	15		
Machine crunch BOSU ball crunch Lying leg raise on incline bench	0:00	3	15 20 15		All exercises performed in a circuit