



Legs & Back Mania

Exercise	Rest	Sets	Reps	Weight	Notes
Leg extension	1:30	4	12		
superset					
Hack squat			8		
Leg press	1:30	4	20		
superset					
Front squat			10		
Deadlift	1:30	4	6		
Lat pulldown	1:30	4	12		
superset					
Behind-the-neck lat pulldown					
V-bar mid row	1:30	4	15		
Standing pullover	1:30	3	20		