



Team Fitt

Craziest legs workout

Legs

Exercise	Rest	Sets	Reps	Weight	Notes
Lunges superset Burpees or Bodyweight squats		4			20 sec action 10 sec rest
Squat		5	12 10 8 15 20		Increase the weight at every set. Weight used at 8 rep should be the one used for the 15 and 20 rep
EMOM Squat		10	10		4 rep, Temp 3-3-1 (Down in 3, stay down 3 sec, up in 1 sec)
Walking Barbell lunges		8	20		Bar in front