lostfit
FIND YOUR STRENGTH

LOSTFIT LACTIC: DAY 2
HAMSTRINGS/TRAPS

LYING LEG CURLS 4 SETS OF 6 REPS TEMPO: 3-0-1 (3 SECOND NEGATIVE, 1 SECOND POSITIVE
(NO REST) SEATED DUCK PRESS (LEG PRESS WIDE) 4 SETS OF 6 REPS TEMPO: 3-0-1 (3 SECOND NEGATIVE, 1 SECOND POSITIVE)
(NO REST) WALKING WEIGHTED LUNGES 4 SETS OF 12 REPS
(NO REST) DB DEADLIFTS 4 SETS OF 25 REPS *REST 2 MINS BETWEEN ROUNDS REPEAT 4 TIMES
WIDE GRIP HEAVY SHRUGS 3 SETS OF 8 REPS TEMPO: 2-0-1 (2 SECOND NEGATIVE, 1 SECOND POSITIVE) (NO REST)
DB SHRUGS 4 SETS OF 12 REPS TEMPO: 2-0-1 (2 SECOND NEGATIVE, 1 SECOND POSITIVE) (NO REST)
HANGING REAR SHRUGS 4 SETS OF 12 REPS *REST 1 MINUTE BETWEEN ROUNDS REPEAT 4 TIMES