lost fit
FIND YOUR STRENGTH

Advanced Trainee:

Calf Madness:
Standing Calf Raise- 50 reps 50 sec rest, 40 reps, 40 sec rest, 30 reps, 30 sec rest, 20 reps, 20 sec rest
Seated Calf Raise- 5 sets of 5 Heavy- 30 sec rest

BB Squats: 6 Reps (Heavy) 3:1 Tempo
SS
Sumo Deadlifts 6 Reps (Heavy) 3:1 Tempo
SS
Walking Lunges 30 Reps
5 Minutes Straight No Rest: You will do this for 4 rounds you will only get rest after the 5 minutes is up: 2 minute rest

Mid Stance Leg Press (Heavy)- 8 Reps 3:1 Tempo
SS
Stiff Leg Deadlifts (Heavy) 8 Reps 3:1 Tempo
SS
Feet Elevated Standing Squats- 30 Reps
5 Minutes Straight; No Rest: You will do this for 4 rounds, you will only get rest after the 5 minutes is up: 2 minute rest

Sled Sprints- 10 sets of 10- 15 sec rest- if you don't have a sled, perform dead mill sprints, (the treadmill is turned off and you just use your body weight to generate speed, go as fast as you can for 15 seconds than take 10 seconds to rest.

Beginner:
BB Squats: 12/10/8/6- 60 sec rest- increase weight slightly during each set
Leg Extensions: 3 sets of 15 reps- 30 sec rest
Leg Press: 3 sets of 15 reps- 45 sec rest
Leg Curls: 3 sets of 15 reps- 30 sec rest
Stiff Leg Deadlifts- 3 sets of 8 3:1 Tempo- 60 sec rest
Bodyweight Squats- feet elevated- 3 sets of 25 reps-10 sec rest
Calf Raises- 4 sets of 15 reps- 20 sec rest