



### Legs Advanced Workout

Exercise	Sets	Reps	Rest	Comments
*Complete warm up / Mobility routine before beginning your workout.				
1 Leg Extensions	10	10	1 Minute	*10 Sets of 10 reps with 10 seconds rest between each set.
2 Leg Press	7	20	1 Minute	*Drop Set *Progression UP in weight for 3 sets then drop set down to failure over 4 sets.
3 Hamstring Drop Outs	4	10	1 Minute	*Holding heavy dumbbells on your toes walk 10 steps then complete 10 stationary calf raises. 4 rounds equals 1 set.
Super Set Dumbbell Walking Calf Raise Combo	4	4	1 Minute	
4 Dumbbell Overhead Walking Lunge	1	100	1 Minute	*50 each leg, Holding your arm locked in straight. Knee to the ground each rep.

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