

# ADDY+ABBY

## PERSONAL TRAINING

### Advanced Leg Workout

Exercise	Sets	Reps	Rest	Comments
<b>Complete one of the following</b> *20 Floors Stair Master *15 Minutes HIIT on a bike *20 Minute High Incline Walk <b>Followed by Warm up/Mobility routine.</b>  <b>1000 Rep Leg Day</b> <b>10 Exercises for 100 Reps.</b>				
1 Barbell Squats	1	100		
2 Single Leg Step Ups	1	100		*Add the jump if you wish too. *50 Each leg
3 Leg Press	1	100		
4 Frog Squats	1	100		
5 Walking Lunges	1	100		*50 Each Leg
6 Jump Squats	1	100		
7 Swiss Ball Hamstring Curls	1	100		
8 Jumping Lunges	1	100		*50 Each Leg *Hold a plate above your head to make this harder
9 Banded Hip Thrusts (Or you can switch to barbell)	1	100		

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