



Leg Destroyer

(with weights)

20 Minute Run (2.5-3 miles)

3 sets of Leg Extensions (15 reps at failure)

3 sets of Leg Curls (15 reps at failure)

3 sets of Barbell Squats (15 reps at failure)

3 sets of deadlifts (15 reps at failure)

3 sets of leg press (15 reps at failure)

3 sets of single legged leg press (15 reps at failure)

3 sets of inline squats, feet together (15 reps at failure)

3 sets of plies squats, feet outside shoulders toes pointed 45 degrees out (15 reps at failure)