

## **Day A**

## **Reps And Weight Used:**

### **I. Leg Curl**

1 Warmup Set

2 Work Sets

### **II. Romanian Deadlift**

2 Warmup Sets

3 Work Sets

### **III. Leg Extension**

1 Warmup Set

2 Work Sets

### **IV. Paused Bench Press (Just Above Chest)**

2 Warmup Sets

3 Work Sets

### **V. Triceps Pushdown**

1 Warmup Set

2 Work Sets

### **VI. Trunk Extension**

1 Warmup Set

2 Work Sets

### **VII. Trunk Flexion**

1 Warmup Set

2 Work Sets

## **Day B**

## **Reps And Weight Used:**

### **I. Leg Curl**

1 Warmup Set

2 Work Sets

### **II. Zercher Squat**

2 Warmup Sets

3 Work Sets

### **III. Leg Extension**

1 Warmup Set

2 Work Sets

### **IV. Lat Pullover**

1 Warmup Set

2 Work Sets

### **V. Pendlay Row**

2 Warmup Sets

3 Work Sets

### **VI. Hammer Curl**

2 Work Sets

### **VII. Calf Raise**

2 Warmup Sets

3 Work Sets