Leg Day

**Hardcore**

Duration: 1.5-2 hours

Do your best to follow this workout as it is written.

You may alter the set load but the specific exercises are balanced perfectly as is.

Add weight at your own will. For squats and dead lifts start with only the bar.

Warm up:

1000 steps on a Stairmaster

or bike for 10 minutes

5 sets of 20 lungs with weighted barbell

•After each set perform 10 dead lifts and an upward dog stretch

Squats

10 sets. Each until failure.

2 minutes between each set. jump rope (helps relieve pain) and hydrate

Proper form:

* + *1*Stand with your legs straight and feet hip-width apart.
  + *2*Extend your arms straight out in front of your body and look forward, toward your fingertips.
  + *3*Bend at your knees and lower your body down as though you are sitting back into a chair. Do not allow your knees to bend over your toes. **Keep your back straight. Squat down until your knees are at a 90-degree angle**.
  + *4*Hold this squatted position for a count of two seconds to intensify the exercise.
  + *5*Stand back up to starting position to complete one repetition of the squat exercise.

Tips & Warnings

* Always consult with a physician before beginning a new exercise program.
* If you have trouble maintaining your balance, sit back into a chair until your thighs are strong enough to support you otherwise.

Incline leg press:

10 sets. Each until failure.

2 minutes between each set. jump rope (helps relieve pain) and hydrate

Stretch for a few minutes. Do upward dog and quad stretches. Then continue…

Dead-lifts

10 sets. Each until failure.

2 minutes between each set. jump rope (helps relieve pain) and hydrate