

LEGS

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Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats								
Step Ups*								
Leg Press*								
Dead Lift								
Lunges								
Leg Extension**								
Leg Curl**								
Calf Raises**								

Sets X 4

* Use a box starting from your knees going to your waist.

* Legs further apart to allow your knees to come down outside your ears.

** These 3 should be performed doing a super set. Do all three in a row and repeat.

All Exercises should be performed at 4 X 10-15

It is not necessary to use max weight with these workouts

