



## **TRAINING PLAN LEG DAY**

Day 3

Warm up -

-Cardio treadmill 20 minutes.

Control intensity accordingly to your level.

- As a beginner you can choose normal walk
- If you are an intermediate.

You can make the splits like - 4-1 x 4 (4 minutes normal walk and 1 minute medium intensity running)

- If you an advance level person. you can go with 2-1 X 5 or 2-1 x 6.

I will be going with 2-1x5 pattern SPIN BIKE

### **LOWER BODY WARMUP**

- Leg extension
- Seated leg curls

### **EXERCISE 1 LEG EXTENSION**

Set 1 - Warm up 912-15 reps)

Set 2 – Medium intensity and developing muscle and mind connection. (12-15 reps)

Set 3 – High intensity. (10-12 reps)

### **EXERCISE 2 SEATED LEG CURLS**

Set 1 - Warm up (12-15 reps)

Set 2 – Medium intensity. (12-15 reps)

Set 3 – High intensity. (10-12 reps)

### **EXERCISE 3 LEG PRESS**

Set 1 - Medium intensity (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

### **EXERCISE 4 CALF RAISES**

Set 1 - Low intensity (15 reps)

Set 2 – Medium intensity (15 reps)

Set 3 – Medium intensity (12 reps)