



TRAINING PLAN

LEG DAY

Day 6

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

I will be going with SPIN BIKE (2-1) PATTERN

LOWER BODY WARMUP

- Leg extension
- Seated leg extensions (leg curls)

EXERCISE 1 LEG EXTENSION

Set 1 - Warm up (12-15 reps)

Set 2 – Warm up (12-15 reps)

Set 3 – High intensity (10-12 reps)

Set 4 – High intensity (8-10 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 SEATED CALF RAISES

Set 1 - Low intensity (15 reps)

Set 2 – Medium intensity (15 reps)

Set 3 – High intensity (12 reps)