



TRAINING PLAN DAY 20

LEGS

Warm up -

-Cardio treadmill 15-20 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 2-1x6 pattern.

WARMUP

Single leg leg-extensions with light weight

Leg curls with light weight

EXERCISE 1 LEG CURL

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity (10-12 reps)

Set 3 – High intensity (8-10 reps)

EXERCISE 2 LEG EXTENSION

Set 1 – Medium intensity (12+10 reps)

Set 2 – High intensity. (12+15 reps)

Set 3 – High intensity. (10+12 reps)

EXERCISE 3 STIFF LEG DUMBBELL DEADLIFT

Set 1 - Medium intensity (12-15 reps)

Set 2 – High intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

EXERCISE 4 LEG PRESS

Set 1 – Medium intensity (12 reps)

Set 2 – High intensity (12 reps)

Set 3 – High intensity (10 reps)

EXERCISE 5 ADDUCTION + ABDUCTION

Set 1 – Medium intensity (15+15 reps)

Set 2 – High intensity (12+12 reps)