



TRAINING PLAN DAY 27

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 are an advanced 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 (12-15 reps)

Set 3 – High intensity (12-15 reps)

Set 4 – High intensity (12-15 reps)

EXERCISE 2 LEG EXTENSION

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity. (12-15 reps)

Set 3 – High intensity. (12-15 reps)

EXERCISE 3 SUMO SQUATS WITH DUMBBELL

Set 1 - Medium intensity (12-15 reps)

Set 2 – High intensity (12-15 reps)

Set 3 – High intensity (12-15 reps)

EXERCISE 4 SEATED CALF

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity (12-15 reps)

Set 3 – High intensity (12-15 reps)