



## **TRAINING PLAN DAY 40**

### **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 EXTENSION**

Set 1 – Medium intensity (15-20 reps)

Set 2 – High intensity. (15-20 reps)

Set 3 – High intensity. (10+8 reps)

Set 4 – High intensity. (10+8 reps)

#### **EXERCISE 2 POWER SQUAT**

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity. (12-15reps)

Set 3 – High intensity. (10-12 reps)

#### **EXERCISE 3 LEG PRESS**

Set 1 - Medium intensity (12-15 reps)

Set 2 – High intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

#### **EXERCISE 4 SEATED LEG CURL**

Set 1 – Medium intensity (12 reps)

Set 2 – High intensity (12 reps)

Set 3 – High intensity (10 reps)

#### **EXERCISE 5 SEATED CALF RAISE**

Set 1 – Medium intensity (15-20 reps)

Set 2 – High intensity (15-20 reps)

Set 3 – High intensity (15-20 reps)