

# QUADS + HAMSTRINGS + CALVES

DAY 5, DAY 12, DAY 19, DAY 26 & DAY 33

## Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Squat	15 reps	10 reps	8 reps
DB Step Up	15 reps	10 reps	8 reps

## Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Lunges	15 reps	10 reps	8 reps
DB Sumo Squat	15 reps	10 reps	8 reps

## Exercise 3: Super Set

EXERCISES	SET 1	SET 2	SET 3
Leg Extension	15 reps	10 reps	8 reps
Laying Leg Curl	15 reps	10 reps	8 reps

## Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Rope Side Lunges	10 reps	10 reps	8 reps
Rope Cross Lunges	10 reps	10 reps	8 reps

## Exercise 5: Giant Set

EXERCISES	SET 1	SET 2	SET 3
Calf Raise (Toe Inward)	12 reps	10 reps	8 reps
Calf Raise (Toe Outward)	12 reps	10 reps	8 reps
Seated Calf Raise (with DB)	12 reps	10 reps	8 reps

**NOTE:** There is no rest in between the exercises. During workout take 90sec rest after giant set.  
 For more info. watch "Quads/Hams/Calves" video.