

Intermediate Leg Workout by A.J.

WARM UP

Stationary Bike on Manual Setting

Resistance Level between 1 - 4

Duration 10-15 minute

Stretch Quads and Hamstrings

Recommended rest between sets: 30 to 60 seconds

Leg Extension	3x20	Resistance is Light
Leg Press Superset with Calf Raise	3x20	Resistance is Heavy
Single Leg Extension	3x10-12	Resistance is Light to Moderate
Dumbbell Squat (or Barbell)	3x15	Resistance is Heavy
Lying or Standing Leg Curl	3x12-15	Resistance is Moderate
Deadlift (Barbell or Dumbbells)	3x10-12	Resistance is Moderate to Heavy
Stationary Dumbbell Lunge	3x10-12	Resistance is Moderate

To prevent excessive muscle soariness:

Walk or jog on the treadmill at moderate pace for 20 to 30 minutes

To make this sample routine advanced:

Increase the resistance on each set and reduce reps to 6-10

Recommended rest between sets: 60 to 70 seconds

Please allow 72 hour rest/recovery after this sample leg routine