

# GYM WORKOUTS

## PHASE 1 - WEEKS 1-3

### WORKOUT 1: MONDAY- LEGS/CALVES (QUAD FOCUS)

Rest 60 seconds between all sets/supersets

EXERCISE	SETS	REPS
<b>+ LOWER BODY WARMUP</b>		
<p>▶ Squat <i>*5 reps/10 sec rest/5 reps/10 sec rest/5 reps/10 sec rest</i></p>	3	5+5+5 (cluster set)
▶ Hack Squat	3	10/10 (drop set)
▶ Smith Machine Lunge	3	10 (each leg)
▶ Single Leg Extension	3	12 (each leg)
<b>SUPERSET</b>		
<p>▶ Dumbbell Walking Lunge <i>*2 sec pause at bottom</i></p>	3	10 (each leg)
<p>▶ Seated Calf Raise <i>*3 sec pause at top</i></p>	3	15
<b>FINISHER (5 MIN ARMAP)</b> <i>Perform as many rounds as possible in 5 minutes</i>		
▶ Lateral Jump Squat	AMRAP	10 (total)
▶ Leg Press Calf Raise	AMRAP	15