



LOWER BODY

STAY ON TOP OF YOUR GAME.

LOWER BODY

3-4 SETS

- BB SQUATS X12, 10, 8, 8
- DB STRAIGHT LEG DEADLIFTS X12
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- KB GOBLET WALKING LUNGES X12-15 EACH LEG
- SEATED CALF RAISES X10-15
-
- LEG CURLS X12
- LEG EXTENSIONS X12
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- SKATER HOPS X10 EACH SIDE
- PLANK HOLD X30 SEC

DB: dumbbell / BB: barbell / KB: kettlebell

*each cluster of dots is to be done together as a superset/giant set

FOCUSED.



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