



RE-FIT
R E L E N T L E S S F I T N E S S

REFIT Strength LegWorkout 9.12.2011

WarmUP (No Rest)	Time	Reps	Intensity
Bike	2Min		Level 5
Bike	1Min		Level 8
Bike	30 Seconds		Level 10
Run	2 Min		Level 8
Jump Squats		30	
Split Jump Squats		30	
Prisoner Squats (with Medicine Ball In Front)		25	
Medicine Ball Slams (10Pnds)		20	
Medicine Ball PushUps		10	
SpiderMan Push Ups		5	

Rest 2Min

WarmUP - Part 2	Time	Reps	Intensity
Split Jump Squat (With Medicine Ball)		30	
Jump Squats (On Bench)		30	
Side Jump Squats (Bench)		20	
Medicine Ball Slams (15Pnds)		15	

Rest 1Min

Split Jump Squat (With Medicine Ball)		30	
Jump Squats (On Bench)		30	
Side Jump Squats (Bench)		20	
Medicine Ball Slams (15Pnds)		15	

Rest 5 Min

Strength Leg Part 1	Time	Reps	Weight
Squats		15	75 Lbs
Dumbell Side Lounge		14	30Lbs

Rest 1Min

Squats		10	115 Lbs
Dumbell Side Lounge		10	40lbs

Rest 2Min

Squats		8	165 Lbs
Dumbell Side Lounge		6	50 Lbs

Rest 30sec

Squats		20	75lbs
Dumbell Side Lounge		16	30lbs

Strength Leg Part 2	Time	Reps	Weight
Sumo Deadlift		15	75
Goblet Sqauts		15	35
Single-Leg Barbell Straight-Leg Deadlift (Left Leg)		8	75

Rest 1Min

Sumo Deadlift		12	115
Goblet Sqauts		12	45
Single-Leg Barbell Straight-Leg Deadlift (Right Leg)		6	95

Rest 2Min

Sumo Deadlift		8	185
Goblet Sqauts		8	50
Single-Leg Barbell Straight-Leg Deadlift (Both)		3	115

Strength Leg Part 3	Time	Reps	Weight
Split Leg Squat (Leg Elevated Back on Bench)		12	95
Single Arm Bench StepUp and Press		8	25

Rest 1Min

Split Leg Squat (Leg Elevated Back on Bench)		12	115
Single Arm Bench StepUp and Press		8	25

Braced Squat With Weight	30 Seconds		
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