



Strength Leg Workout 9.19.2011 (Aprox 50 Min)

WarmUP	Time	Reps	Intensity
Bike	2Min		Level 5
Bike	1Min		Level 8
Bike	30 Seconds		Level 10
Bike	2Min		Level 7
Bike	1Min		Level 9
Bike	30 Seconds		Level 13

Rest 1 Min

Split Jump Squats	40
Medicine Ball Slams (10Pnds)	20
Prisoner Squats	30
Jump Squats on (2'+ Plartform)	40

Rest 1Min

Split Jump Squats	40
Medicine Ball Slams (10Pnds)	20
Prisoner Squats	30
Jump Squats on (2'+ Plartform)	40
Burpees	10

Rest 5Min

WarmUP - Part 2	Time	Reps	Intensity
Split Jump Squat (With Medicine Ball)		20	
Jump Squats (On Bench with Weight 15Pnds)		15	
Side Jump Squats (Bench)		20	
Burpees with Jump		10	

Rest 1Min

Split Jump Squat (With Medicine Ball)	20
Jump Squats (On Bench with Weight 15Pnds)	15
Side Jump Squats (Bench)	20
Burpees with Jump	25

Rest 5 Min

Stength Leg Part 1	Time	Reps	Weight
Squats		15	85 Lbs
Farmers Walk On Toes		14	30Lbs
Squats		10	125 Lbs
Farmers Walk On Toes		10	40lbs
Squats		8	185 Lbs
Farmers Walk On Toes		6	50 Lbs
Squats		20	85lbs
Farmers Walk On Toes		16	30lbs

Stength Leg Part 2	Time	Reps	Weight
Sumo Deadlift		15	85
Goblet Sqauts		15	35
Barbell Split Squat		15	75

Rest 1Min

Sumo Deadlift		12	145
Goblet Sqauts		12	45
Barbell Split Squat		12	95

Rest 2Min

Sumo Deadlift		8	185
Goblet Sqauts		8	50
Barbell Split Squat		8	115

Stength Leg Part 3	Time	Reps	Weight
Split Leg Squat (Leg Elevated Back on Bench)		12	95
Barbell Straight Leg Deadlift		8	65
Split Leg Squat (Leg Elevated Back on Bench)		12	115
Barbell Straight Leg Deadlift		8	85