

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

HYPERTROPHY TRAINING

- * Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.
- * Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.

* AMAP = As many as possible

* AMRAP = As many rounds as possible

No	Exercise	Sets	Reps
01	Barbell Squats	05	AMAP
02	Leg Press	05	12-25
03	Barbell Walking Lunge	03	10
04	Deadlift	03	10
Superset			
05	Leg Extensions	03	15
06	Hamstring Curls	03	15

TRAINING, NUTRITION & SUPPLEMENT NOTES:
