

## LEGS & SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
SET 1				
DB Split Squat	4	12	3110	
Seated Shoulder Press	4	12	4110	90 Seconds
SET 2				
Romanian Deadlift	5	10	4112	
Incline Reverse Fly	5	12	3112	90 Seconds
SET 3				
Kettlebell Sumo Squat	4*	12	3110	
Lat Raises	4	16	2010	
Squat Jump	4	20	1010	120 Seconds

**\* DROPSET:** After the final set of reps, drop the weight by 15% and complete another set. Repeat once more. E.G, Bench Press. On your 3<sup>rd</sup> set do 12 reps. Then drop the weight by 15% and do another 12. No rest. Drop the weight 15% again and do another 12. 5 sets in total.

**All exercises in each set are completed as a SUPERSET (done back to back, with no rest)**

**If you can't complete the required reps at the required tempo, lower the weight or rest for a few seconds. Make sure to complete all reps in the set.**

