



Swolepires, LLC

### Leg Strength Program #1

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Barbell Squat 3 set of 8 -10 reps					
Barbell Stiff Leg Deadlift 3 sets of 8 -10 reps					
Leg Press 3 sets of 8-10 reps					
Barbell Lunges 3 sets of 8-10 reps					
Dumbbell Standing Calf Raises 3 sets of 8-10 reps					
Leg Extensions 3 sets of 8 -10 reps					
Bodyweight Calf Raises 3 sets to Failure					