



LEGS – QUAD FOCUS

1/ Hams – Lying leg curls

Getting a great pump in your hams feels incredible before we move to a quad dominate movement like a squat. Let's get 2 sets of 20 followed by 4 sets of 10. Just pump these out with a solid control.

4 sets of 10

These sets are all RPE of 7-8

2/ Quads – Squats

Let's take our time warming up on these. Work up to a hard set of 10 and stay there for 4 working sets. I do not want you going to failure on all sets. The first couple of sets should have a rep or 2 left in the tank. By the time we are on our 3rd and 4th set we should be just squeezing out that last rep or two. Remember that form is critical. We want our quads doing the work, sloppiness is not acceptable.

4 sets of 10

These sets are all RPE of 9-10

3/ Quads – Leg Press

Let's keep our feet low on the platform and in a "v-stance" when pressing. When pressing make sure your knees are pushing outward and never collapsing inwards. I want to flood our quads with blood here so let's get after it ! 3 piston pumping style reps of 20.

3 sets of 20

These sets are all RPE of 10

4/ Quads – Leg extension

Here we put the finishing death blow on our quads and specifically our rectus femoris. I want your toes flexed back towards you the entire rep. 1 hard set of 12 rest 45 seconds, aim for 8-10 reps rest for another 45 seconds, repeat 2 more times. This is considered 1 cluster set. Paint tolerance required here !

1 cluster set

These sets are all RPE of 12



RATE OF PERCEIVED EXERTION FLOW CHART - RPE

- Fairly easy like a warm-up weight **6.0**
- You can do 4-6 more reps **7.0**
- You can do 2-3 more reps **8.0**
- You have 2 more reps left in the tank **8.5**
- You have 1 more rep left in the tank **9.0**
- Went to failure at perfect form **10.0**
- Went to failure with loose form after perfect reps completed **11.0**
- Used a high intensity technique to push beyond failure **12.0**
- Use multiple high intensity techniques/go apeshit **13.0**

This chart will help you gauge the level of intensity I am after for each movement