

# BURN - OUT

## LOWER BODY WORKOUT

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### 1 LEG WARM UP LEG EXTENTIONS

Leg extensions using the smallest or no weight at all, just to warm up.

15-20 reps.

### 2 DEEP SQUATS

Deep! Make sure you push through your heels.

12-15 reps. 3 sets

### 3 CALF RAISES

Seated Calf Raise Machine or Standing Calf Raise with dumbbells in each hand.

15 reps. 3 sets

### 4 LEG EXTENTIONS

#### Reversed Pyramid Sets

- heavy weight first
- gradual weight decrease
- gradual increase in reps.

set 1: 5-8 reps.

set 2: 10-12 reps.

set 3: 12-15 reps.

### 5 SIDE LEG RAISES

With ankle weights.

18-20 reps. 2 sets, each leg

### 6 HIP RAISES

Use a barbell or a dumbbell.

12-15 reps. 3 sets (or)

Reversed Pyramid Sets

### 7 HAMSTRING CURLS

A.k.a. Standing/ Single Leg Curl.

Reversed Pyramid Sets

### 8 DEEP SQUATS

Again, make sure you push through your heels.

Until failure