

SUPERHERO STRENGTH- TRAINING PROGRAM

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

QUADS OF STEEL

INSTRUCTIONS:



Make sure you warm up thoroughly before beginning the front squat working sets.
Build up in weight over 2-3 sets until you reach your working set weight for Set 1.

For B1 & B2- Increase weight for each set as you decrease the number of reps.
For C1 & C2- Reduce the weight for each set as you increase the number of reps per set.

Keep the workout at a fast pace and stick to the rest periods.
Make sure you calculate the percentage's of your estimated 1 Rep Max. before getting to the gym.

Exercise	SET 1	SET 2	SET 3	SET 4	SET 5	Rest
A1- Barbell Front Squat	5 x 70% 1rm	5 x 70% 1rm	5 x 75%1rm	5 x 80%1rm	5 x 85%1rm	2 mins
B1- Leg Press	25 reps	20 reps	15 reps	10 reps	10 reps	30 sec.
SUPERSET WITH						
B2- Lying Hamstring Curl	25 reps	20 reps	15 reps	10 reps	10 reps	60 sec.
C1- Leg Extension	10 reps	10 reps	15 reps	20 reps	25 reps	30 sec.
SUPERSET WITH						
C2- Seated Calf Raise	10 reps	10 reps	15 reps	20 reps	25 reps	60 sec.

Notes:

WORKOUT PROGRAM