

Butt and leg Blast – for great glutes

Start with a 15 minutes of cardio warm up on the Stair Master quick pace

Weight needs to be heavy enough to create change – don't be afraid to lift heavy!

2 sets of 10 leg extensions (machine)

2 sets of 15 calf raises (with weights - machine)

2 sets of 10 barbell squats

2 sets of 10 seated leg press or 45 press

2 sets of 20 step ups with dumbbells or weight plates in hand

2 sets of 10 stiff leg deadlifts with weighted barbell

2 sets of 10 lying leg curls (hamstrings)

2 sets of 10 lunges with front leg on a box and weights in hand or as per squats.

For maximum effect SUPERSET and keep rest times to a minimum.

TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.



Connie