



Lower Workout

Loathsome leg set

Code	Exercise Name	Sets	Reps	Note	Sets/Reps/Notes
A1	DB reverse lunge		8-10	30 seconds rest between legs	
A2	Split squat body weight death		10, 8, 6, 4, 2	per leg	

Quarrelsome Quad Set

Code	Exercise Name	Sets	Reps	Note	Sets/Reps/Notes
B1	Heel elevated DB squats		8-10	2 second pause at the bottom	
B2	DB squats		8-10		
B3	Heel elevated BOTTOM HALF body weight quads		AMRAP	2 second pause at the bottom	

Horrible Hams and Glutes

Code	Exercise Name	Sets	Reps	Note	Sets/Reps/Notes
C1	Banded RDLs		8-10		
C2	DB thrusters		20	2 second pause at the top	
C3	Frog thrusters		AMRAP		
C4	Prone DB leg curls		8-10	2 second pause at the bottom	
C5	Plate/slider curls		AMRAP		

Code	Exercise Name	Sets	Reps	Note	Sets/Reps/Notes
D1	Doorway ham stretch		30 sec		
D2	Feet sit quad stretch		30 sec		



DILF MAKER

D3

Deep squat

30 sec