



**Friday**

**Wild Card Workout**

**Leg Volume Session**

**Back Squats- 5 sets of 15 Reps (40 sec rest)**

**Leg Extensions- 5 sets of 15 Reps (40 sec rest)**

**Leg Press- 4 sets of 20 reps (40 sec rest)**

**One Legged Leg Press- 4 sets of 15 reps (40 sec rest)**

**Leg Curls- 5 sets of 15 Reps (40 sec rest)**

**Sumo DB Squats- 5 sets of 15 Reps (40 sec rest)**

**Stiff Leg DB Deadlifts- 4 sets of 15 Reps (40 sec rest)**