

30 Minute Superset Leg Workout

SUPERSET WORKOUT			
EXERCISE	REPS	SETS	REST (Seconds)
1. Jog/Walk for 7 minutes			None
2. Stretch Quad and Hamstrings	5 Mins		None
3. Superset a. Leg Press and b. Leg Curls	15	3	None
4. Superset a. Leg Extensions and b. Calf Raises	15	3	None
5. Jog for 3-5 minutes			

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