

HEAVY COMPOUND LEG DAY

GFG LIFTS

Straight Sets + Single Leg + Tri-Set + Finisher | Quads · Hamstrings · Glutes · Calves | Dumbbells



■ 30+ MIN	■ ~295 CAL	■ LEG DAY	■ DUMBBELLS
-----------	------------	-----------	-------------

FORMAT

- Block 1: 2 straight sets each · 50s work / 30s rest
- Blocks 2 + 3: 2 rounds · 40s work / 20s rest
- Block 4: 2 rounds · 30s work / 10s rest

PENNY'S WEIGHTS

2 x 8kg / 17.5 lbs
2 x 10kg / 22 lbs
2 x 15kg / 32 lbs

WARM UP

1. Standing Hip Circles 2. Hamstring Sweeper 3. Leg Swings (L/R) 4. Rainbow Squat

BLOCK 1: HEAVY COMPOUNDS | 2 Straight Sets × 50s / 30s | 1 min rest after

SET 1	MY WEIGHT / DONE	SET 2	MY WEIGHT / DONE
1. Front Squat		1. Front Squat	
2. 1 & 1/2 RDL		2. 1 & 1/2 RDL	
3. Sumo Squat with 3 sec Pause		3. Sumo Squat with 3 sec Pause	

BLOCK 2: SINGLE LEG | 2 Rounds × 40s / 20s | 30s rest after

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Staggered Squat (R)		1. Staggered Squat (R)	
2. Staggered Squat (L)		2. Staggered Squat (L)	
3. Kickstand RDL (R)		3. Kickstand RDL (R)	
4. Kickstand RDL (L)		4. Kickstand RDL (L)	
5. Double Pulse Static Lunge (R)		5. Double Pulse Static Lunge (R)	
6. Double Pulse Static Lunge (L)		6. Double Pulse Static Lunge (L)	

BLOCK 3: GLUTES & HAMSTRINGS TRI-SET | 2 Rounds × 40s / 20s | 30s rest after

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. 1 1/2 Glute Bridge		1. 1 1/2 Glute Bridge	
2. Hamstring Runner	☐ Done	2. Hamstring Runner	☐ Done
3. Frog Pumps		3. Frog Pumps	

BLOCK 4: CALF RAISE FINISHER | 2 Rounds × 30s / 10s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Calf Raise (L)		1. Calf Raise (L)	
2. Calf Raise (R)		2. Calf Raise (R)	

Workout Complete - Burn ~295 Calories

NOTES