



EXERCISE 1 / 0:30 REST	SETS	REPS	WEIGHT
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Standing calves raise	3	10	
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SUPER SET

Barbell standing calf raise on the floor

EXERCISE 2 / 0:30 REST	SETS	REPS	WEIGHT
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Seated calf raise	4	10	
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SUPER SET

Leg press calf raise		20	
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EXERCISE 3 / 1:30 REST	SETS	REPS	WEIGHT
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Hack squat	4	8	
	3	12	

EXERCISE 4 / 1:30 REST	SETS	REPS	WEIGHT
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Hack squat	1		
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(5 full reps, then 5 partial reps, 3 times in a row.
Wait 10 seconds at partial, then go up and do 5
partial reps then wait 5 seconds at partial, then go up and do 5 partial.)

EXERCISE 5 / 1:30 REST	SETS	REPS	WEIGHT
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Front squat	3	8	
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EXERCISE 6 / 1:30 REST	SETS	REPS	WEIGHT
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Romanian deadlift with dumbbells	3	8	
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Watch the series at www.marcfitt.com/teamfitt