

# HOME: LEGS & ABS

[www.ToneN10.com](http://www.ToneN10.com)

## Week 1-4



### MONDAY

SUPERSET X 4

GOBLET SQUATS 10 REPS

FLOOR DONKEY KICKS  
(W/BAND) 10 REPS EACH  
LEG

PISTOL SQUATS UNTIL  
FAILURE

### TUESDAY

SUPERSET X 3

GLUTE BRIDGES W/  
FEET ON WALL  
10 REPS

GLUTE BRIDGES FEET  
ON WALL TOES OUT  
10 REPS

### WEDNESDAY

SUPERSET X 3

REVERSE CRUNCHES  
10 REPS

WEIGHTED LEG RAISES  
10 REPS

REVERSE LUNGES X 4  
8-10 EACH LEG

### THURSDAY

SUPERSET X 4

GOBLET SQUATS 10  
REPS

FLOOR DONKEY KICKS  
(W/BAND) 10 REPS EACH  
LEG

PISTOL SQUATS UNTIL  
FAILURE

### FRIDAY

SUPERSET X 3

GLUTE BRIDGES W/ FEET ON  
WALL  
10 REPS

GLUTE BRIDGES FEET ON  
WALL TOES OUT 10 REPS

### SATURDAY

SUPERSET X 3

REVERSE CRUNCHES  
10 REPS

WEIGHTED LEG RAISES  
10 REPS

REVERSE LUNGES X 4  
8-10 EACH LEG

# GYM: LEGS & ABS

[www.ToneN10.com](http://www.ToneN10.com)

## Week 1-4



### MONDAY

SUPERSET X 4

HIP THRUST 10 REPS  
STANDING CALF RAISES 10  
REPS

LEG PRESS 10 REPS

### TUESDAY

SUPERSET X 4

WEIGHTED GLUTE BRIDGES  
20 REPS

LEG PRESS 8 REPS

LEG EXTENSIONS 10 REPS

### WEDNESDAY

SUPERSET X 4

LEG CURLS 10 REPS  
LEG EXTENSIONS 8 REPS  
HIP THRUST 10 REPS

WALKING LUNGES X 3  
10 REPS EACH LEG

### THURSDAY

SUPERSET X 3

WEIGHTED LEG RAISES 10  
REPS

RUSSIAN TWIST 20 REPS

WALKING LUNGES X 3  
10 REPS EACH LEG

### FRIDAY

SUPERSET X 4

WEIGHTED GLUTE BRIDGES  
20 REPS

LEG PRESS 8 REPS

LEG EXTENSIONS 10 REPS

### SATURDAY

SUPERSET X 4

LEG CURLS 10 REPS  
LEG EXTENSIONS 8 REPS  
HIP THRUST 10 REPS

WALKING LUNGES X 3  
10 REPS EACH LEG

RUSSIAN TWISTS 20 REPS