







# MAGNUS' LEG WORKOUT OF THE WEEK




## TUESDAY

Exercise	Reps	Sets	Demo
Jefferson Curl	5	5	
Seated Good Morning	10	5	
Peterson Step Up	10	5	
Back Squat	10	5	
Knees Over Toes sissy squat	20	3	

Calf Raise	To failure	5	
Tibialis Raise	To failure	5	
QL Extension	10	3	
Seated L-sit	To failure	3	

# FRIDAY

Exercise	Reps	Sets	Demo
Nordic	10	5	
Split Squat	5	5	
Romanian Deadlift	8	5	
Back Squat	8	6	
Knees Over Toes sissy squat	20	3	

Calf Raise	15	5	
Tibialis Raise	To failure	5	
QL Extension	10	3	
Seated L-sit	To failure	3	