

Stanley Porter Workouts: Intermediate Leg Workout



Workout:

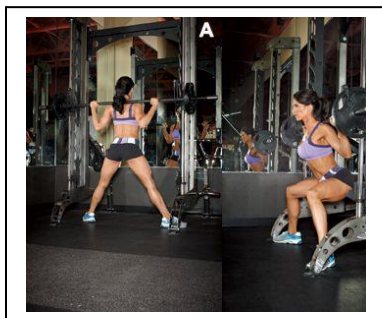
Superset One: Adductor Machine and Jump Squats

Superset Two: Barbell Sumo Squats and Bulgarian Squats

Superset Three: Barbell Deadlifts and Donkey Kicks

Important Notes:

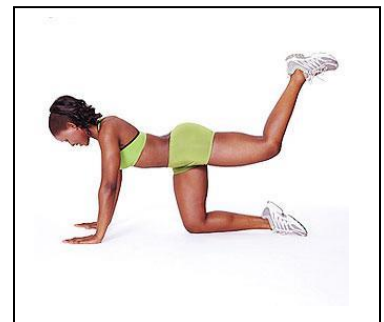
- Always perform 3 sets of 10-12 reps for each exercise. For example: you will perform the Sumo Squat 3 times for 10-12 reps each time.
- Perform the second part of the superset immediately after the first. For instance: right after you finish 10 reps on the Adductor Machine, get up and start your 10 Jump Squats.
- Give yourself 1 minute rest before you repeat the superset.
- If possible, add 5-10 more pounds to the exercise with each consecutive set within a circuit. For example: if you perform the Deadlift on your first set with 10 lbs. on each side of the bar, the next set you be 20 lbs. on each side. The third set should include 25-30 lbs. on either side of the bar. If going up in weight makes it difficult to perform at least 8 reps, KEEP THE WEIGHT THE SAME AS THE PREVIOUS SET!



SUMO SQUAT



BULGARIAN SQUAT



DONKEY KICK

GOOD LUCK!

If you have any questions, don't hesitate to text or email me!

Sincerely,

Stanley Porter

www.stanleyporter.net