

Lower Body Focus

Thursday • Legs Workout

45-75 min/session | 5-6 days/week | HIIT + Strength | Calorie Deficit
Rest: 30-60 sec (isolation) / 60-90 sec (compound)

#	EXERCISE	SETS x REPS
1	Back Squat	4 x 12
2	Leg Press	4 x 15
3	Romanian Deadlift	4 x 12
4	Bulgarian Split Squat	3 x 12 (each)
5	Calf Raise	4 x 20
6	Hanging Leg Raise	3 x 15

FINISHER — HIIT Bike / Run 10-15 min

TRAINER RECOMMENDATIONS

- Create a calorie deficit of 300-500 calories daily
- Eat high protein: 1.6-2.2 g per kg of body weight
- Lift heavy, do HIIT, and stay active
- Drink 3-4 liters of water daily
- Sleep 7-8 hours every night
- Track progress every week - consistency is the key