



TERRIBLE 20s



LOWER BODY EMPHASIS 1

*Perform each block of workout as a circuit for 2 rounds (ie: 1A-1E x2)

*Each block is to be performed for time to provide a conditioning and muscular endurance adaptations

*Choose loads for each exercise that will allow you to perform all reps w/o reaching complete muscular failure

BLOCK 1			BLOCK 2		
No.	Exercise	Volume	No.	Exercise	Volume
1A	DB Right Split Squat	2x20	1A	DB SL Right RDL	2x20
1B	SL Left Bench Supine Plank	2x20s	1B	SL Left Bench Glute Plank	2x20s
1C	DB Left Split Squat	2x20	1C	DB SL Left RDL	2x20
1D	SL Right Bench Supine Plank	2x20s	1D	SL Right Bench Glute Plank	2x20s
1E.	Hamstring Curl	2x20	1E.	Goblet Squat	2x20

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