

# THE PERFECT LEGS & GLUTES PROGRAM

*with Tanna Eubanks* IFBB BIKINI PRO

- Perform 3 sets of 15 reps (each leg) of each exercise.
- Complete all sets of one exercise before moving onto the next.
- No rest between each leg. Minimize rest between sets.

EXERCISE	SETS	REPS
REVERSE LUNGE WITH BOX/STEP	3	15
BULGARIAN SPLIT SQUAT	3	15
UNILATERAL STIFF-LEG DEADLIFTS WITH BOX/BENCH	3	15
SINGLE-LEG HAMSTRING CURLS	3	15
SINGLE-LEG SMITH MACHINE SQUATS	3	15
SINGLE-LEG EXTENSION	3	15
GLUTE CABLE KICKBACKS	3	15
CURTSY SQUAT WITH LEG LIFT	3	15