



### **Quick Leg & Torso Routines**

Just because this leg workout is quick it doesn't mean it's easy. It shoots up your pulse and respiration rate, so if you find this effect too much, rest more between exercises. You can do this work out in 1/2 hour:

#### **Calves**

Standing Calf raise—15 to 20 reps

Leg Press Calf raise—15 to 20 reps

Donkey Calf raise—15 to 20 reps

Seated Calf raise—drop set (see page 8)

Only 4 sets are necessary since you get a burn on each set by holding for a 5 count at the top of each rep. Do the calf stretch between sets.

#### **Thighs**

Leg curl/ hyperextension/ leg curl tri-set —10 to 12 reps each exercise

Leg extension/ leg press/ leg extension

tri set 10 to 12 reps each set

Leg Press 12 reps/ 1 leg back stretch 20 seconds/ Leg Blaster squat 10 reps

Rest 2 minutes then do a set of Leg Blaster squat ( If you don't have LB do sissy squat)

#### **Abs**

1 arm cable crunch 30 reps each arm/ hip machine 20 reps each leg/ seated twist 50 reps.

Do these oblique exercises non-stop.

Leg raises 30 to 50 reps/ crunches 50 reps/ side bend with 10-pound dumbbells 50 reps.

The Leg Routine has a total of 13 sets with 250 total reps for abs.

**The Quick Torso (Back, shoulders, chest) Workout** consists of a series of 7 tri-sets with tri-sets 1, 2 and 3 followed by holding the 2 arm lat stretch for 15 seconds. First do a 1-minute warm-up on rowing machine, stretch 15 seconds then:

1. Low cable row 12 reps / rear delt machine 12 reps/ low cable row 10 reps tri-set followed by rear delt stretch
2. Rear delt machine 10 reps/ front pulldown 12 reps/ cable crossover behind neck 12 reps
3. Front Pulldown 10 reps/ cable crossover behind neck 10 reps/ close grip pulldown 12 reps
4. Pullover (DB or machine) 12 reps/ close grip pull down 10 reps/ Pullover 10 reps. Followed by 1 arm shoulder stretch.
5. 1 arm row 12 reps/ 1 arm DB side raise 12 reps/ 1 arm lat stretch—one set each arm
6. 70-degree angle DB press 12 reps/ peck deck or (DB fly) 12 reps/ 2 DB side raise (from this point do doorway stretch after each tri-set)
7. 45-degree incline DB press 10 reps/ Pec deck 10 reps/ 25-degree incline DB press. 10 reps

The torso routine has a total of 20 sets and can be done in under 45 minutes. At the end of the torso workout, I do hanging knee up 30 reps, side bend 50 reps, crunches 70 reps, and seated twist 50 reps.

So here you have a concise routine for Winter training: 40 minutes for torso, 30 minutes for legs, 20 minutes for arms. You may have to use lighter weights at first since this kind of fast training is demanding. During my post training season, I do one of these programs every other day (a 6-day cycle) and do 20 minutes of treadmill and 300 to 400 total reps on abs. My goal during this training time is to maintain and not gain body weight, contrary to lots of bodybuilders who bulk up during this time of year.