

a) Put the routine in order. Drag the numbers and drop them in the correct place.

Bulgarian Split Squad



1 2 3 4 5 6

- . Repeat for reps.
- . Hold dumbbell in each hand, letting them hang at the sides
- . Place rear foot on platform and front foot forward.
- . Break at hip and knee to lower body. Keep weight distributed to the heel and mid-foot, maintaining a straight back.
- . Lower until thigh is parallel with the floor.
- . Drive from the heel and extend the hip and knee to return to the starting position.

Leg Extension (machine)



1 2 3 4

- . Using the quads, extend the legs as you exhale.
- . Sit on the machine with pads and back rest is appropriately adjusted with the legs under the pad
- . Repeat for reps.
- . Pause at the top and squeeze the quads and lower slowly back to the starting position

Leg Press



1 2 3 4 5

- . Push through the heel and midfoot and lower the safety bars, making sure to brace the core and keeping knees pointed slightly outward.
- . Place feet shoulder width apart in a position where the knees would not pass the feet at the bottom of the leg press movement
- . Push using the quads to the starting position, making sure knees are not locked.
- . Lower the weight platform until the legs create a 90 degree angle.
- . Repeat for reps