

NGA Pro Natural Bodybuilder Bernard Cunningham to getting shredded

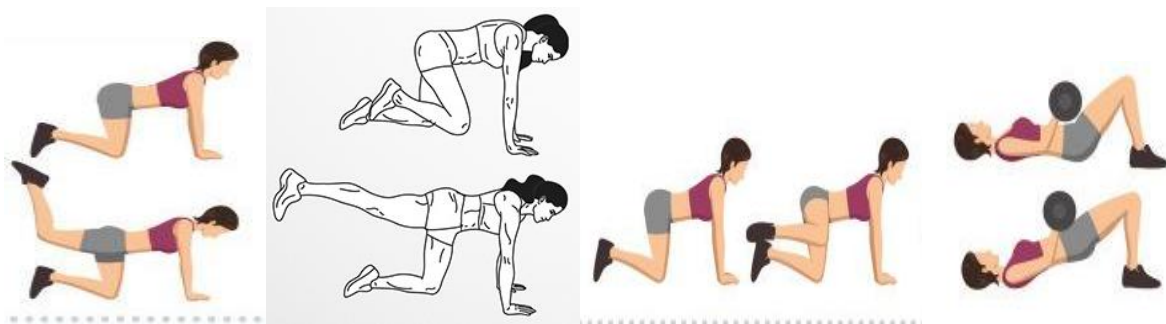
Monday leg day

1. **Leg extension**, bring the legs down parallel, when raising your feet up point the toes towards you squeezing your quads for a quick sec to contract, control the weight up and down, leave your butt planted on the seat at all times, **6 sets, 30 reps is the rep range i use, or you can do 4-5 sets, 20-25 reps, (optional) superset kettle bell swing** to burn more calories **6 sets, 15-20 reps**
2. **Walking lunges with barbell or dumbbells**, long gauge the steps bringing the back knees close to the floor to contract the glutes keep the back straight, go up on weight on each set starting off with a light or moderate weight, **4 sets with dumbbells counting 20 steps**, Sometimes you can switch to smith machine lunges performing it the same or step ups using dumbbells or a barbell, **4 sets, 15 reps.**
3. **Leg press**, control the weight on the way down bringing your knees close to your chest, press the weight up leavening a slight bent in your knee, leave your butt planted on the seat at all times, **2-3 sets, 30-15 reps feet close together** then complete **2-3 sets 25-15 reps legs open**, with open leg bring your leg down as much as possible but don't overdo it, have your toes slightly pointed out **or just do with feet shoulders width 4-6 sets, 20-30 reps**, sometime superset walking lunges and leg press, rest to a min or a min ½ rest period in between set if you have to rest a little longer, you can also complete a drop set with leg press(**optional**).
4. **Hack squat**, squat a little below parallel, push the weight up leaving a slight bent in your knee, **2-3 sets, 20-15 reps feet close together** then complete **2-3 sets, 20 -15 reps open leg** or **just with feet shoulders width 4-5 sets, 20-25 reps.**
5. **Smith machine squat or squat machine**, squat a little below parallel, push the weight up, leave your knee slightly bent and to involve your glutes, squeeze your butt after you push the weight up. **2-3 sets, 20-25 reps feet close together** then complete **2 sets, 20-15 reps box squat** or just do feet shoulder width **4 sets, 20-25 reps.**

If you are a person that have a hard time getting your legs to grow complete this same workout at the end of the week except walking lunges after your full body workout for **4-6 sets 15-20 reps** on leg extension and for the rest of the leg workout **4 sets of 15-12 reps.**

Hamstrings can be done the same or another day.

1. **Seated leg curl**, control the weight coming down squeezing the hamstrings **4 sets, 20 -15 reps then one set of 40 with lightweight for drop set, (optional)** superset this with inner and outer thigh machine. **4 sets, 12-10 reps.**
2. **Lying leg curl** also control the weight coming down squeezing the hamstrings **4 sets, 15-12 reps** superset with inner thigh machine if your gym have one **4 sets, 15 sets.**
3. **Stiff leg deadlift with dumbbells** leave a slight bent in your knee pushing your butt out on the way down making sure you pull the hamstrings, bring the weight close to the floor, when you rise up squeeze the glutes, go up on weight on each set if you needed, **set 4 sets, 15-10 reps.**



You can also use the Glute Blaster for more resistance.

(For building Glutes) 4 sets, 15-25 reps per leg. (Donkey kicks, back kicks, Fire hydrant, glutes bridges with or without weights 3 times per week. Also make sure you squeeze glutes on squats and stiff leg deadlift and do you walking lunges with or without weight for best results.

Rest 30 sec to a min in between sets.

Wear hoodie and sweat pants to burn more calories for best results.

Rest 30 sec to a min in between sets, you can choose to split the body parts making it a five day a week work if you choose.

To stay injury free is best to have a weight belt, knee and elbow wraps for heavy lifting, for a strong grip have some lifting strap for workouts like deadlift, always stretch in between workouts to avoid injury and long term damage to joints and also you can do 10-15 min cardio before your workout to warm up your body.

