



## **SHIFT + LIFT**

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### Workout C: Leg Day

Goal: Target quads, hamstrings, glutes, and calves.

#### 1. Squats

Sets: 3

Reps: 8-10

Description: Stand with feet shoulder-width apart, barbell on your upper back. Bend at the hips and knees to lower into a squat, keeping your chest up and back straight. Push through your heels to return to standing.

#### 2. Romanian Deadlift

Sets: 3

Reps: 8-10

Description: Stand with feet hip-width apart, barbell in front. Bend at the hips, keeping a slight bend in your knees, lower the barbell down your legs. Return to standing by thrusting your hips forward.

#### 5. Calf Raises

Sets: 3

Reps: 15-20

Description: Stand on the edge of a step or platform, heels hanging off. Raise your heels as high as possible, then lower them below the step level.

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