

# BVT ASSAULT ON THE LEGS

Remember to consult your doctor before starting any diet and/or training program.  
Always train smart and attempt reps and sets that are within your abilities.

Exercise	Sets	Reps	Rest	BVT Principle
<b>Quad Pre-Exhaust Combo:</b> 1. Leg extensions 2. Leg presses	<b>4</b>	<b>15-20</b>	No rest between exercises.	Perform your leg exercises using peak contractions – by holding for 2-4 seconds in the contracted position. Then jump right into leg press for another 15-20 reps. This will flood the quads with tons of blood and pre-exhaust them for what's to come.
Narrow-stance hack squats	<b>4</b>	<b>15</b>	45 seconds rest between sets. No rest between drop sets.	You will perform a drop set on each set by stripping off 50% of the weight upon completion of the first 15 reps. Then, continue with the lighter weight for another 15 reps. Drop sets allow you to intensify your pump by keeping tension on the muscle for a longer period of time.
One-leg lying leg curls	<b>4</b>	<b>15</b>	No rest between each leg.	Utilize peak contractions at the top of the rep by actively flexing your hamstrings for 2-4 seconds. Try to go back and forth between legs without resting until you've performed four sets on each leg.
<b>Calf Blast Tri-Set:</b> 1. Standing calf raises 2. Seated calf raises 3. One leg standing calf raises	<b>4</b>	<b>15</b>	No rest between exercises. 1 minute between each rotation.	Move from one exercise to the next without any rest. This will continuously flood the calves with so much blood that you'll be left screaming. Don't give them a chance to recover and the pump will be insane!

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