

# Johnnie Jackson's CRAZIEST Giant Set Leg Workout

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	Johnnie's Training Notes
<b>Full Leg Giant Set:</b> 1. Smith machine front squats 2. Smith machine back squats 3. Walking barbell lunges 4. Lying leg curls 5. Stiff leg barbell deadlift swings 6. Seated leg curls 7. Leg extensions 8. Horizontal leg press 9. Hack squats 10. Forward dumbbell lunges 11. Leg extensions 12. Dumbbell stiff-leg deadlift (toes in) 13. Wide stance 45 deg. leg press 14. Standing leg curls 15. Sissy squats	<b>3</b>	<b>10</b>	As little rest as possible between exercises. 1-2 minute rest upon completion of the Giant Set.	"This workout consisted of doing one giant set of 15 exercises in a row with 10 reps per exercise/set. The only rest you get is walking from one exercise to the next. This is to be done 3 times over or for 3 'Giant Sets.' Now, if you do the math that's a total of 45 individual sets! On each set we'd change the footing position and we'd also change the rep speed so that some of the reps were performed super slowly so all of the muscle fibers were firing off. I was dying after the first set alone! I battled all the way through and was super exhausted, but I made it."

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