



# The 30 minute **Leg Blaster**

Leg workouts are generally associated with pain. Pain is the name of the game with our Trojan 30 Minute Leg Blaster. You need to remember though, with this pain will come really great overall results for toning, fat loss and strength. A good intense leg workout as short as 30 minutes, even though it does not sound long, should give you the results you are looking for and change the way you train your legs.

The aim of a quick workout like this is to keep the intensity really high and get your cardiovascular system involved. This program will build up your explosive fitness too. The reps and sets in the Trojan 30 Minute Leg Blaster are stacked and kept close together to make sure that you don't rest too much between sets. Your muscles will however have enough time to recover and prepare themselves for the next set, as different leg muscles are used in each of the exercises.

Due to the nature of these exercises which are ballistic\* and contain jumps and impact landings, you should take some time to stretch and warm the muscles properly to avoid impact directly to the joints. With that in mind, we have ensured that the ballistic movements are at the end of the program which will allow your muscles to be fully stretched and warmed prior to the ballistic exercises.

*If you are hungry for results and progress, give the Trojan 30 Minute Leg Blaster all you've got for a few weeks, once to twice weekly. It is a great program to make you feel vitalised and motivated that you will want to train your legs again and again.*

\* Ballistic exercises focus on your fast twitch muscle fibres which assist in the acceleration of movements.

## **DISCLAIMER:**

- Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
- Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
- Use exercise in conjunction with a healthy eating plan.
- Only use the product for its intended purpose to prevent injury.

## **EXERCISE PROGRAM:**

1. 30 minutes / Once to twice weekly
2. Intensity: High

## **EQUIPMENT REQUIRED:**

1. Vision 360 Home Gym
2. Medicine ball

## **EXERCISE AND TRAINING TERMS:**

**Duration:** In a gym program this will refer to the workout time of the entire program.

**Intensity:** This will refer to the amount of weight used, and the amount of rest given between each set of an exercise.

**Type:** Refers to the type of training, ie strength, resistance, cardio etc.

**Repetitions:** A single cycle of lifting and lowering a weight.

**Sets:** A number of reps performed together ended with a rest period is referred to as a set.

**Tempo:** Is the rate and speed at which a rep is executed, it has 3 stages, the push/pull, the pause and the return motion.

**% of max:** Is determined as % of 1 repetition of max weight a person can push for any given exercise e.g. If you were to press 100 kg for only one rep as your max, your training weight for 45% for max of 10 reps. Would be 45 kg pushed 10 times.



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| Exercise                        | Muscle group | Reps | Sets | Intensity   | Notes and exercise execution  |
|---------------------------------|--------------|------|------|---|---|
| 1. Twisted Medicine Ball Squats | Legs         | 15   | 3    | High intensity, weight used should allow a maximum of 15 reps per set | From standing position, keep the medicine ball in front of you. Squat fully by bringing your butt down to your heels but bring the medicine ball over the side of your knee to your foot. Stand up again and alternate sides. |
| 2. Standing Hamstring Curls     | Legs         | 15   | 3    | High intensity, weight used should allow a maximum of 15 reps per set | Superset with above exercise. Ensure you lift your leg past 90 degrees. Repeat  |
| 3. Leg Extensions               | Legs         | 15   | 3    | High intensity, weight used should allow a maximum of 15 reps per set | Superset with below exercise. Ensure your legs are straightened.  |
| 4. Medicine Ball Squats         | Legs         | 15   | 3    | High intensity, weight used should allow a maximum of 15 reps per set | From standing position, keep the medicine ball at your chest. Squat fully by bringing your butt down to your heels and jump up into the air. Repeat.  |
| 5. Lunges                       | Legs         | 30   | 5    | 15 reps per leg, on the last set go to failure                        | From standing position, rest your rear foot as illustrated in the diagram. Bend your front knee to 90 degrees and return to standing position then repeat.  |



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|                                 |                             |                   |                         |           |
|---------------------------------|-----------------------------|-------------------|-------------------------|-----------|
| 1. Twisted Medicine Ball Squats | 2. Standing Hamstring Curls | 3. Leg Extensions | 4. Medicine Ball Squats | 5. Lunges |
|---------------------------------|-----------------------------|-------------------|-------------------------|-----------|



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