



courtney.sarracino • [Follow](#)



courtney.sarracino I'm a goof in the gym but a goof that still puts in work 🔥

Warm up:

Abductors/adductors 3x20

Walking lunges 3x10 each leg

Heavy squats 2x5 /1xamrap

Hack squat rdl 3x15

(slow/controlled)

Hip thrusts 4x20

Leg curl 3x15

(Last 2-3 reps of everything should be hard)

Pre workout: [@ghostlifestyle](#) | code

Courtney 🖱️ 20% off



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WORKOUT WITH ME
Leg day



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Hack squat rdl 3x15
(slow/controlled)
Hip thrusts 4x20
Leg curl 3x15

(Last 2-3 reps of everything should be hard)

Pre workout: [@ghostlifestyle](#) | code Courtney 🖱️ 20% off
Outfit: [@gymshark](#) | link in bio

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