

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

LEGS AND ABS

* Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.

* AMAP = As many as possible

No	Exercise	Sets	Reps
01	Barbell Squats	03	6-8
02	Dumbbell Lunges	03	6-8
03	Stiff Legged Deadlift	03	6-8
04	Hamstring Curl	03	6-8
05	Calf Raises	02	8-10
06	Ab Crunches	02	12
07	Lying Leg Raises	02	12

TRAINING, NUTRITION & SUPPLEMENT NOTES:
