

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	Squats	03	6-8
02	Dumbbell Lunges	03	6-8
03	Straight Leg Deadlift	03	6-8
04	Seated Calf Raise	03	6-8
05	Seated Leg Curl	03	6-8
06	Standing Calf Raise	02	AMAP
07	Ab Crunches	02	AMAP
08	Hanging Leg Raises	02	AMAP

TRAINING, NUTRITION & SUPPLEMENT NOTES:
