

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

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## LEGS AND ABS

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\* 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	<a href="#">Leg Press</a>	03	6-8
OR	<a href="#">Squats</a>	03	6-8
02	<a href="#">Seated Calf Raise</a>	03	6-8
03	<a href="#">Leg Extensions</a>	03	6-8
04	<a href="#">Hamstring Curls</a>	03	6-8
05	<a href="#">Straight Leg Deadlift</a>	03	6-8
06	<a href="#">Calf Press Using Leg Press Machine</a>	02	AMAP
OR	<a href="#">Standing Calf Raise</a>	02	AMAP
07	<a href="#">Ab Crunches</a>	03	AMAP
08	<a href="#">Lying Leg Raise</a>	03	AMAP

### TRAINING, NUTRITION & SUPPLEMENT NOTES:

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