

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

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## 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	<a href="#">Squats</a>	03	6-8
02	<a href="#">Dumbbell Lunges</a>	03	6-8
03	<a href="#">Straight Legged Deadlift</a>	03	6-8
04	<a href="#">Hamstring Curl</a>	03	6-8
05	<a href="#">Seated Calf Raise</a>	03	6-8
06	<a href="#">Standing Calf Raise</a>	03	6-8
07	<a href="#">Ab Crunches</a>	02	AMAP
08	<a href="#">Hanging Leg Raise</a>	02	AMAP

### TRAINING, NUTRITION & SUPPLEMENT NOTES:

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