LIFT.
Printable Workouts

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

№	Exercise	Sets	Reps
01	Leg Press	03	6-8
OR	Squats	03	6-8
02	Seated Calf Raise	03	6-8
03	Leg Extensions	03	6-8
04	Hamstring Curls	03	6-8
05	Straight Leg Deadlift	03	6-8
06	Calf Press Using Leg Press Machine	02	AMAP
OR	Standing Calf Raise	02	AMAP
07	Ab Crunches	03	AMAP
08	Lying Leg Raise	03	AMAP

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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