



DAY 1: LEGS & ABS

Notes:

Use Warm-Up Sets to gauge weight for working sets.

* For the working sets, pick a weight that allows you to reach failure at 14 reps.

90 Seconds rest in between each working set

Stretch in between working sets.

LEGS			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. LYING LEG CURL	2 Warm-up Sets 3 Working Sets x 14 Reps*		
2. LEG EXTENSIONS	2 Warm-up Sets 3 Working Sets x 14 Reps*		
3. LEG PRESS	2 Warm-up Sets 3 Working Sets x 14 Reps*		
4. SQUATS	2 Warm-up Sets 3 Working Sets x 14 Reps*		
5. STANDING CALF RAISE	2 Warm-up Sets 3 Working Sets x 14 Reps*		
6. SEATED CALF RAISE	2 Warm-up Sets 3 Working Sets x 14 Reps*		
ABS			
7. CRUNCHES	2 Warm-up Sets 3 Working Sets x 14 Reps*		
8. LYING LEG RAISES	2 Warm-up Sets 3 Working Sets x 14 Reps*		
Training, Nutrition, Supplementation Notes:			