

DAY 1—LEGS, CALVES AND ABS

EXERCISE	SETS/REPS	COMMENT
Leg Extensions	3 Sets - 20 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Machine Squats	3 Sets - 20 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 3 minutes and stretch between each set
Leg Presses	3 Sets - 20 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 3 minutes and stretch between each set
Lying Hamstrings Curls	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Standing Calves Raises	3 Sets - 20 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Elevated Sit-Ups	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Lying Leg Raises	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Cardio	15 Minutes <input type="checkbox"/>	Steady-state post workout

NOTES:
