

DAY 8—LEGS, CALVES AND ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	20 Minutes <input type="checkbox"/>	Steady state upon waking
Smith Machine Squats	3 Sets - 20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Walking Barbell Lunges	3 Sets - 20 Reps / Leg <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Leg presses	3 Sets - 20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Place feet in a neutral stance, and rest 2 minutes between sets
Lying Hamstrings Curls	3 Sets - 20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET lying hamstrings curls with standing calves presses, resting 2 minutes between supersets
Standing Calves Raises	3 Sets - 20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Abs Rollouts	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET abs rollouts with leg raises, resting 1 minute between supersets
Lying Leg Raises	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Cardio	15 Minutes <input type="checkbox"/>	Steady state immediately after leg training

NOTES:
