

## DAY 64—DTP LEGS & ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	60 Minutes	Remember to separate the two cardio sessions by several hours minimum.
Squats	5 Sets - 50/40/30/20/10 Reps	For this exercise go from 50 reps on your first set all the way down to 10 reps for your 5th set.
Leg Press	5 Sets - 50/40/30/20/10 Reps	
Weighted Lunges	3 Sets - 20 Reps Each Leg	Giant Set: Weighted Lunges, Hanging Leg Raises, Planks
Hanging Leg Raises	2 Sets - Failure	
Planks	3 Sets	
Cardio	60 Minutes	

### NOTES:

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