

Kris Gettins
**4WEEKS2
SHRED**
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Day 4: Legs Workout

Exercise	Sets	Reps	Notes
Leg Extensions	1	10	
	1	10/20	
	1	10/20/30	
Reverse Hack Squats	1	10	
	1	10/20	
	1	10/20/30	
Single-Leg Curls	1	10	
	1	10/20	
	1	10/20/30	
Hack Squats	1	10	
	1	10/20	
	1	10/20/30	
AM Cardio	1	30 mins	
Twists	1	300	
PM Cardio	1	30 mins	