



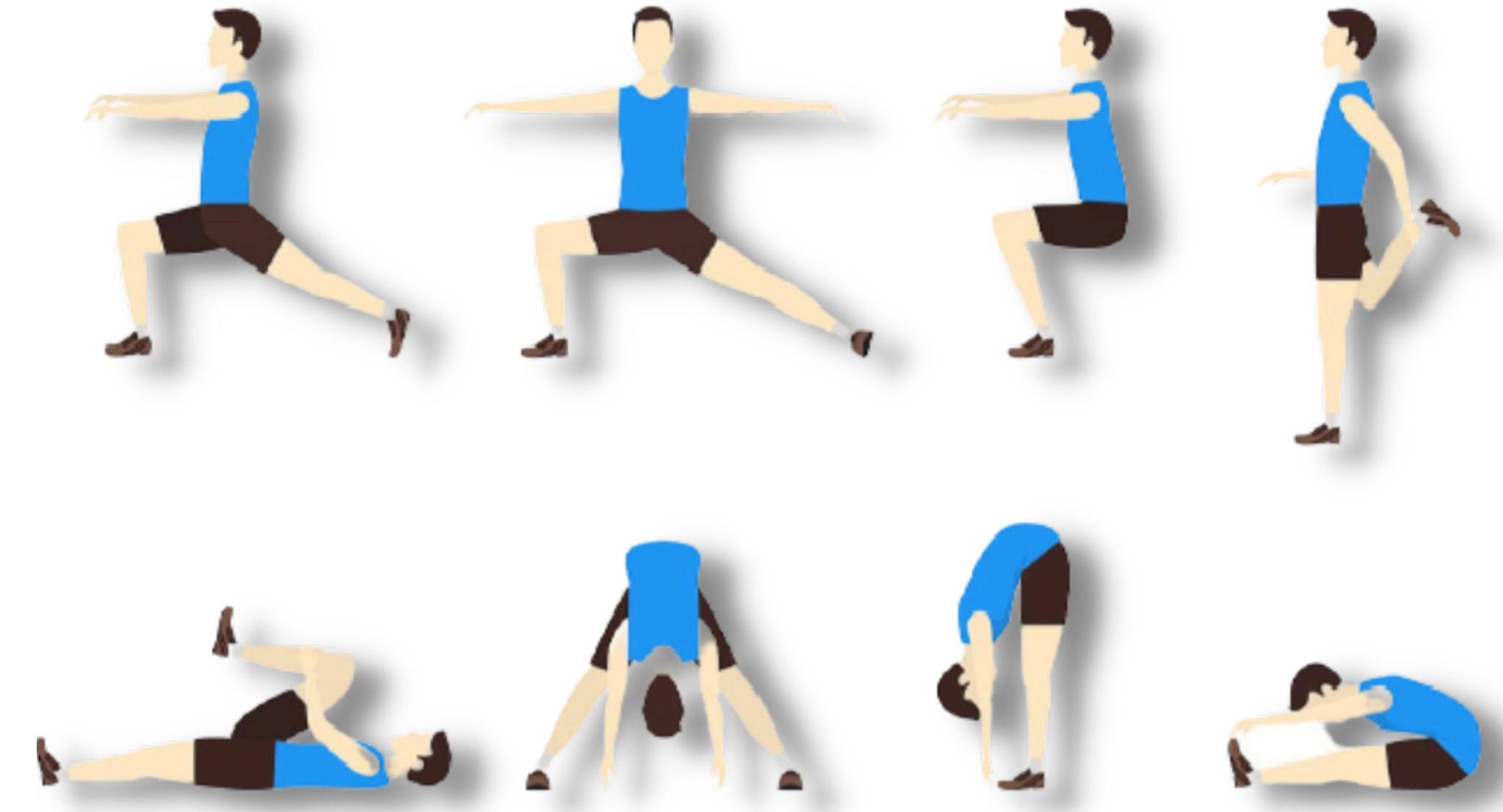
MAX WORKOUT



# DAY - 5

Legs Day

- **DYNAMIC STRETCHES**



- WEIGHTED SQUATS

( 4\*15 )







- **HAMSTRING CURLS**  
**( 3\*12-15 )**





- **CALF RAISES**  
**( 3\*12-15 )**

