



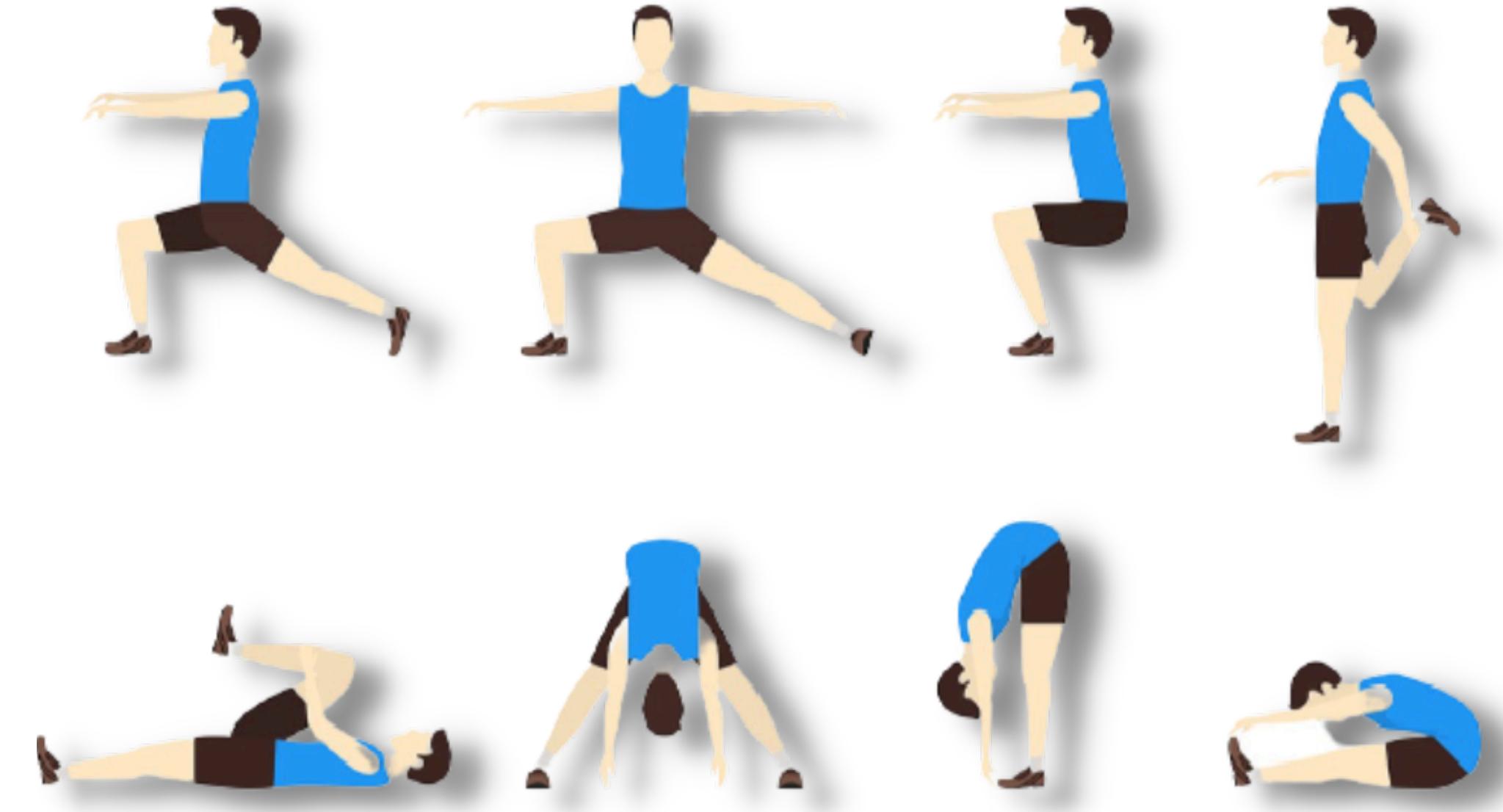
XTReme



DAY - 3

Leg Day

- **DYNAMIC STRETCHES**



- WEIGHTED SQUATS

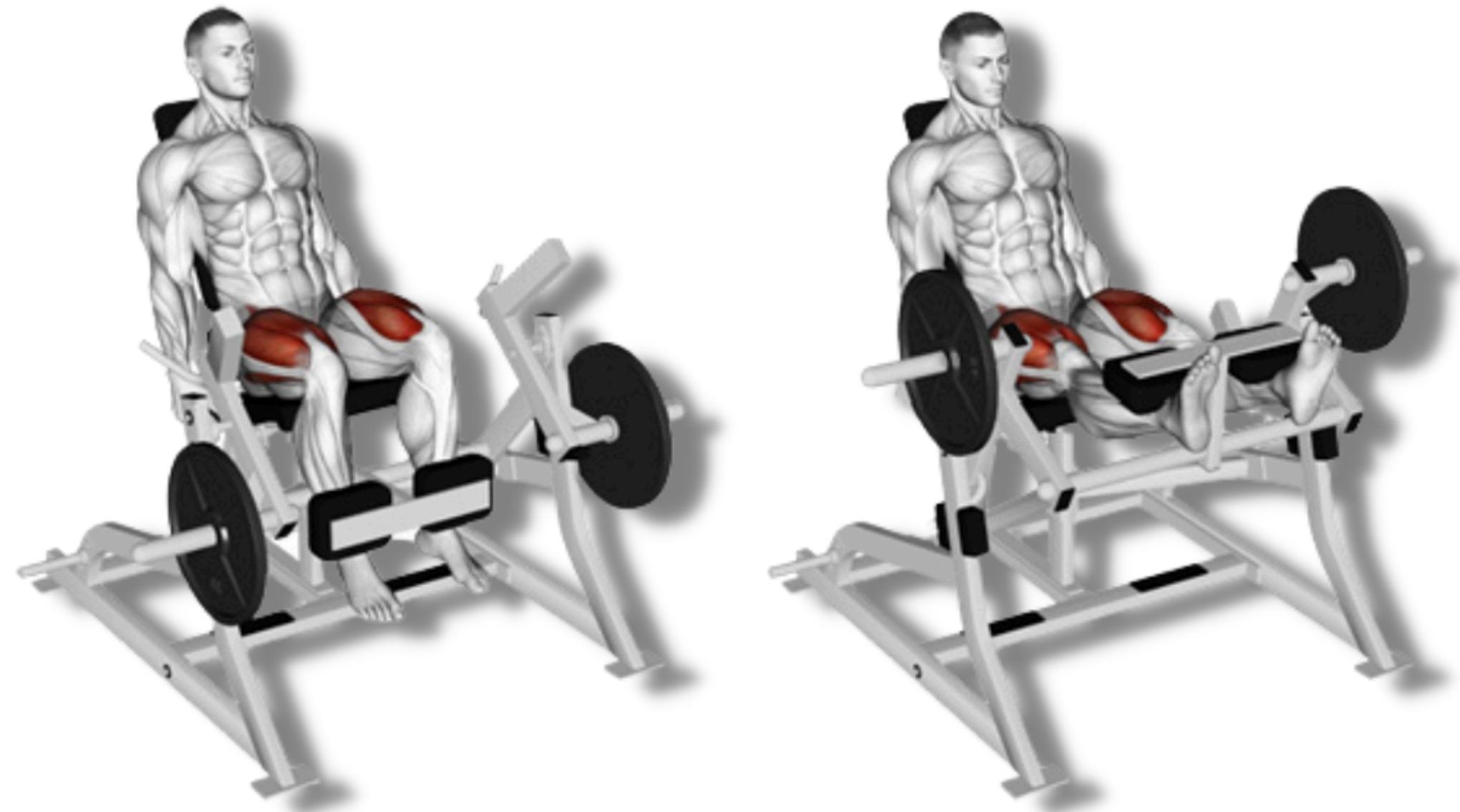
(4*15)



• **LEG PRESS**
(3*12-15)



• **LEG EXTENTION**
(3*12-15)



• HAMSTRING CURLS
(3*12-15)



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WALL SIT (TILL FAILURE)





DAY - 4

Push Day