

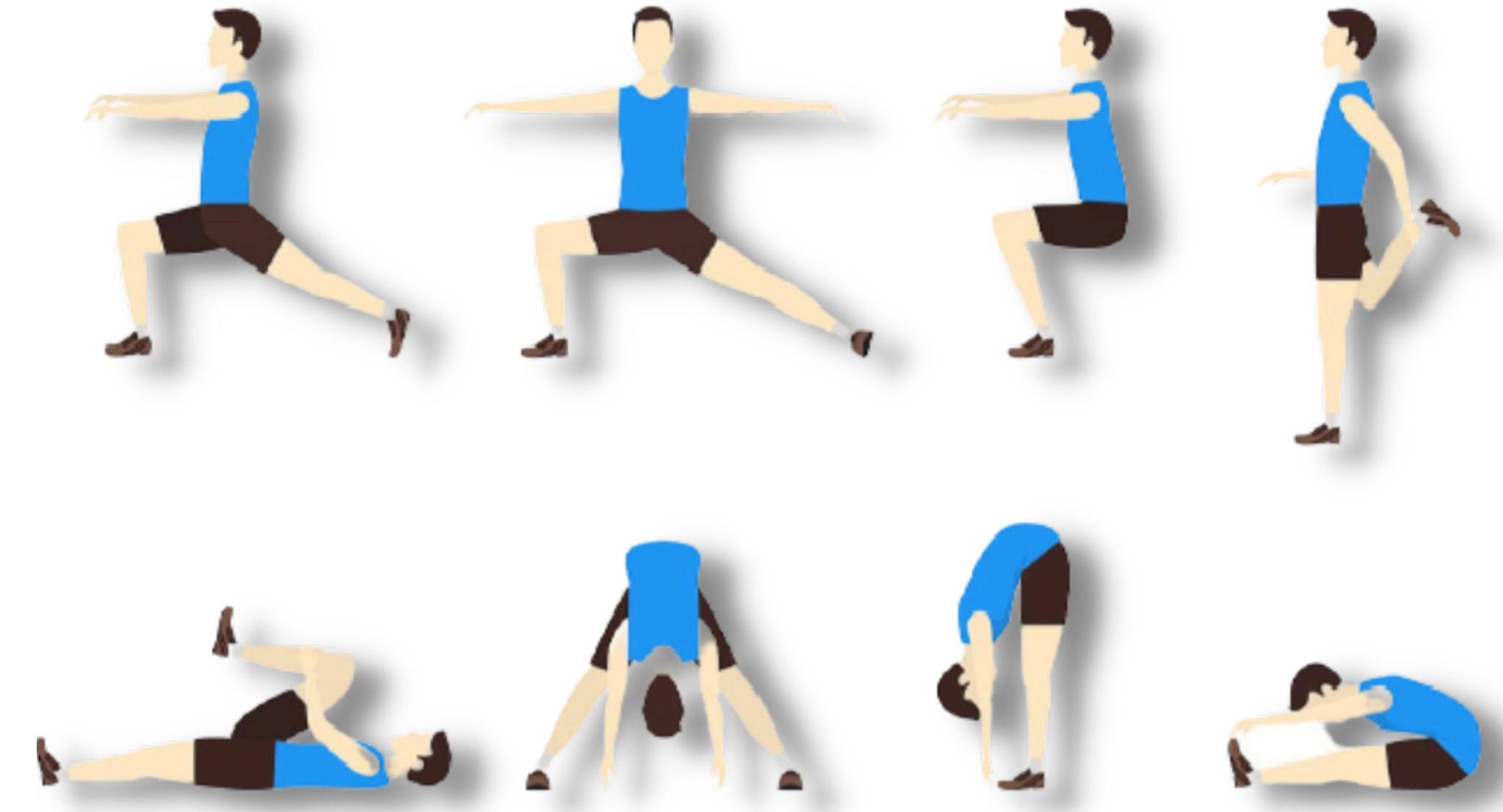




# DAY - 6

Leg Day

- **DYNAMIC STRETCHES**



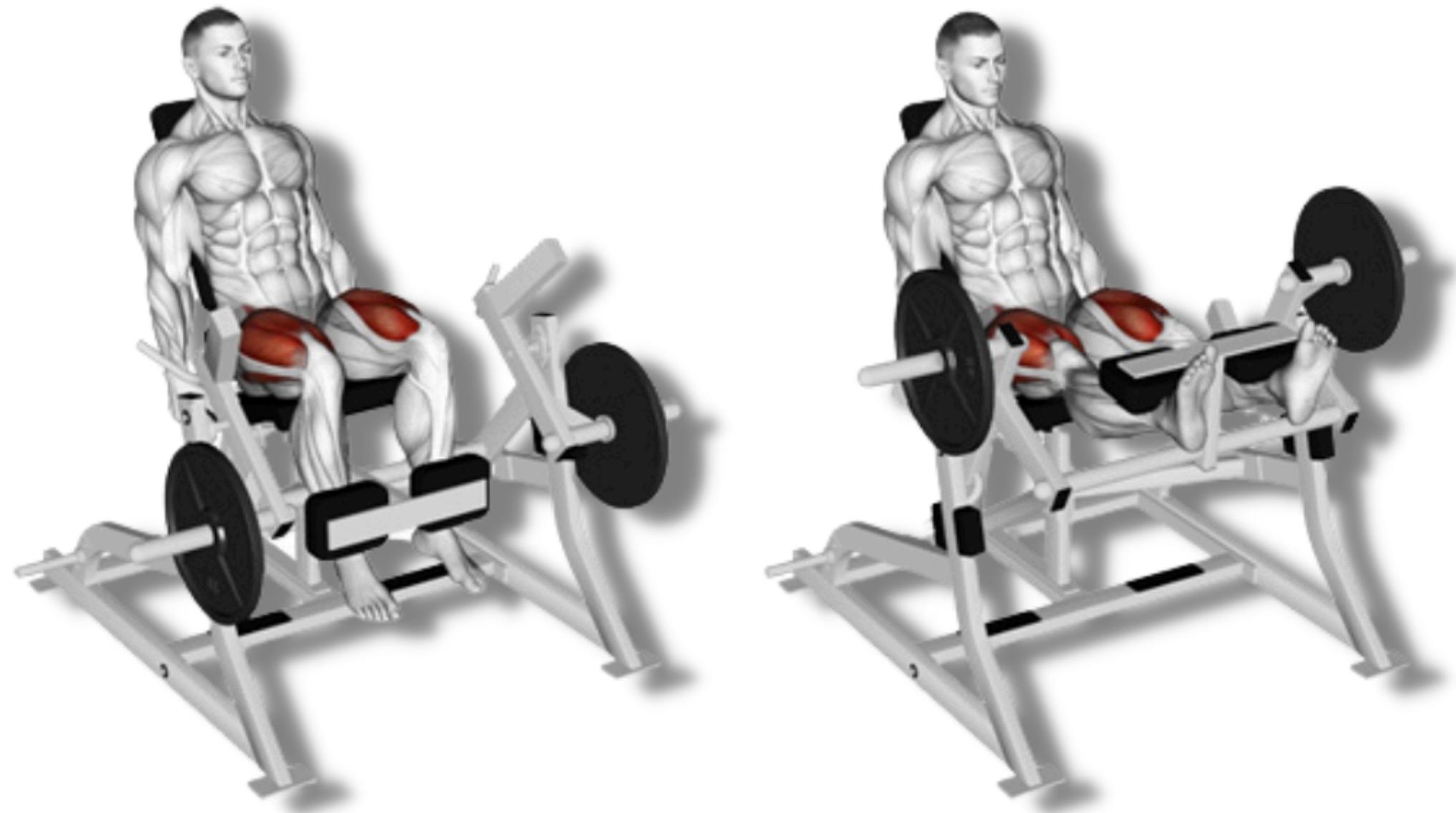
• WEIGHTED SQUATS  
( 4\*15 )



• **LEG PRESS**  
**( 3\*12-15 )**



• **LEG EXTENSION**  
**( 3\*12-15 )**



• HAMSTRING CURLS  
( 3\*12-15 )



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# **WALL SIT ( TILL FAILURE )**



• **CALF RAISES**  
**( 3\*12-15 )**

