

Day 1: Legs

1

Lateral Band Walk

15 reps



2

Standing Leg Curl

3-5 sets.

5 sets, 8-12 reps



3

Sumo Deadlift

3-5 sets.

5 sets, 8-12 reps



4

Superset

Smith Machine Hip Raise

3-5 sets.

5 sets, 8-12 reps

