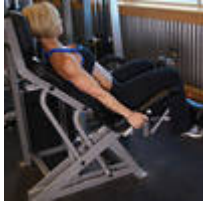


Week 1: Quads, Hamstrings, and Calves

1

[Leg Extensions](#)

1 set, 25 reps



2

[Leg Press](#)

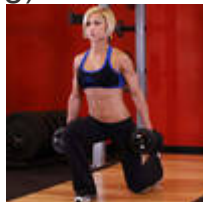
1 set, 25 reps



3

[Dumbbell Lunges](#)

1 set, 15-20 reps (per leg)



4

[Wide-Stance Barbell Squat](#)

1 set, 20 reps



5

Hack Squat

1 set, 20 reps



6

Thigh Abductor

1 set, 25 reps



7

Seated Leg Curl

1 set, 20 reps



8

Standing Leg Curl

1 set, 20 reps



9

Lying Leg Curls

1 set, 20 reps



10

Romanian Deadlift

1 set, 20 reps



11

Seated Calf Raise

1 set, 25 reps



12

Standing Calf Raises

1 set, 25 reps



Week 2: Back, Biceps, and Abs

1

Wide-Grip Pulldown Behind The Neck

1 set, 15 reps



2

Wide-Grip Lat Pulldown

1 set, 15 reps



3

Seated Cable Rows

1 set, 15-20 reps



4

One-Arm Dumbbell Row

1 set, 15 reps



5

Pullups

1 set, 15 reps



6

Close-Grip EZ Bar Curl

1 set, 12-15 reps



7

Concentration Curls

1 set, 12-15 reps



8

One Arm Dumbbell Preacher Curl

1 set, 12-15 reps



9

Machine Preacher Curls

1 set, 12-15 reps



10

Cable Hammer Curls - Rope Attachment

1 set, 12-15 reps



11

Lying Cable Curl

1 set, 12-15 reps



12

Exercise Ball Crunch

1 set, 20-25 reps



13

Cable Crunch

1 set, 20-25 reps



14

Hanging Leg Raise

1 set, 20-25 reps



15

Ab Crunch Machine

1 set, 20-25 reps

