



Workout Schedule



Sun

Mon

Tue

Wed

Thu

Fri

Sat



Treadmill Warm-Up

From 6:00 am to 7:00 am

View



Full Body Squats 3x20

From 6:00 am to 7:00 am

View



Deadlifts Max-Out

From 6:00 am to 7:00 am

View



Calf Raises

From 6:00 am to 7:00 am

View



Barbell Lunges

From 6:00 am to 7:00 am

View



Leg Extensions 4x10

From 6:00 am to 7:00 am

View



Leg Curls 3x15

From 6:00 am to 7:00 am

View