

/ / Leg Day

Leg Press		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

Hip Abduction		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

Hip Adduction		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

Calf Raise		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

Core Circuit		sets
Cat/Cow	lb.	reps
Leg Lift	lb.	reps
Side Bend	lb.	reps
Time Interval(s):		
Sets Complete:		
Notes		

Kas Glute Bridge		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		