

/ / Leg Day lower back modified

Leg Extension		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Seated Leg Curl		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Calf Raise		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Abduction		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Adduction		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Cat/Cow		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Sit Up		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Oblique Crunch		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Glute Bridge (bodyweight)		
lb.	reps	sets
Sets		
Time Interval		
Notes		