

/ / Leg Day (lower back modified)

Seated Leg Curl		
100 lb	x 10 reps	x 3 sets
Sets		
Time Interval		
Notes		

Leg Extension		
100 lb	x 10 reps	x 3 sets
Sets		
Time Interval		
Notes		

Calf Raise		
180 lb	x 10 reps	x 3 sets
Sets		
Time Interval		
Notes		

Abduction		
80 lb	x 10 reps	x 3 sets
Sets		
Time Interval		
Notes		

Adduction		
70 lb	x 10 reps	x 3 sets
Sets		
Time Interval		
Notes		

Sit Ups		
N/A lb	x 10 reps	x 3 sets
Sets		
Time Interval		
Notes		

Oblique Crunches		
N/A lb	x 10 per side reps	x 3 sets
Sets		
Time Interval		
Notes		

Glute Bridge (bodyweight)		
N/A lb	x 10 reps	x 3 sets
Sets		
Time Interval		
Notes		