

# / / Leg Day

Leg Press		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Abduction		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Adduction		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Calf Raise		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Cat/Cow		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Leg Lift		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Side Bend		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Kas Glute Bridge		
lb.	reps	sets
Sets		
Time Interval		
Notes		