

Legs:

- Goblet Squat: 30 lbs
- Bar Squat: 65 lbs
- Sled Press: 70 lbs
- Leg Extension: 85 lbs
- Prone Leg Curl: 140 lbs
- Calf Raise: 45 lbs

Other Exercises:

- Romanian Deadlifts: 45 lbs
- Glute Kick: 60 lbs
- Leg Band Extensions: 160 lbs
- Leg Press: 160 lbs