

Sheet1

Lift	Reps
Selectorized Leg Press	8/8/8
DB Lunge	15/15/15
Lying Hamstring Curl	10/10/10
Seated Lower Back Extension	12/12/12
Rope Pulls	60/60/60
Smith Squat	12/12/12
BB Good Mornings	15/15/15
Russian Twist w/Medicine B	10/10/10
Decline Situps	15/15/15
Stair BW Calf Raise	15/15/15