

Sheet1

Lift	Reps	Time(s)
Selectorized Leg Press	08/10/10	
BW Lunge	16/16/16	
Selectorized Individ Leg Curl	12/12/12	
Ab Crunch	15/15/15	
Selectorized Adduction	10/12/15	
Selectorized Abduction	10/12/15	
Selectorized Individ Leg Ext	15/15/15	
Stair BW Calf Raise	15/15/15	
DB Calf Raise	12/12/12	