

Sheet1

Lift	Reps	Time(s)
Selectorized Leg Press	15/15	
Static V-Hold	30/30/30/30	
BB Squat	10/10/10	
Lunge Step Backs, Rail	12/12	
Bosu Ball DB Squat	15/15/15	
Steps, Double	1/1/1	
Selectorized Individual Leg Extension	15/15/15	
Stability Ball Wall Squats	10/10/10	
Selectorized Individual Leg Curl	12/12/12	