

EXERCISE	Set #1	Set #2	Set #3	Set #4
Wide stance barbell squat: 4 sets of 12-15 reps				
Weighted walking lunges: 4 sets of 16 reps				
One leg barbell squats: 4 sets of 8-12 reps (each leg)				
Stiff-legged deadlift: 4 sets of 10-15 reps				
Glute bridges: 4 sets of 15-20 reps				
Seated leg curls: 4 sets of 15-20 reps				