

Exercise

Base Prescription

Day 1:

Day 2:

Day 3:

Lunge



Each leg

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
Rest		30						
2	0.0	15						
Rest		30						
3	0.0	15						
Rest		30						
4	0.0	15						

Seated Leg Press



Put your weight

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest		30						
2	0.0	8						
Rest		30						
3	0.0	8						
Rest		30						
4	0.0	8						

Seated Leg Extension with Leg Extension Machine



Put your weight

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest		30						
2	0.0	8						
Rest		30						
3	0.0	8						
Rest		30						
4	0.0	8						

Leg Curl with Leg Curl Machine



Set	Wgt (lbs)	Set Mode	Wgt (lbs)	Set Mode	Wgt (lbs)	Set Mode	Wgt (lbs)	Set Mode
1	0.0	8-10						
Rest		30						
2	0.0	8-10						
Rest		30						
3	0.0	8						
Rest		30						
4	0.0	8-10						