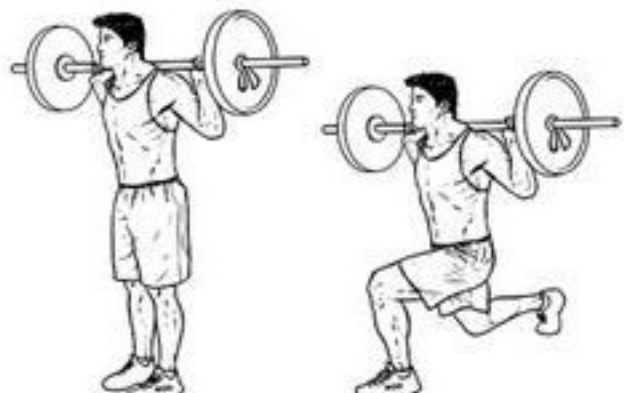
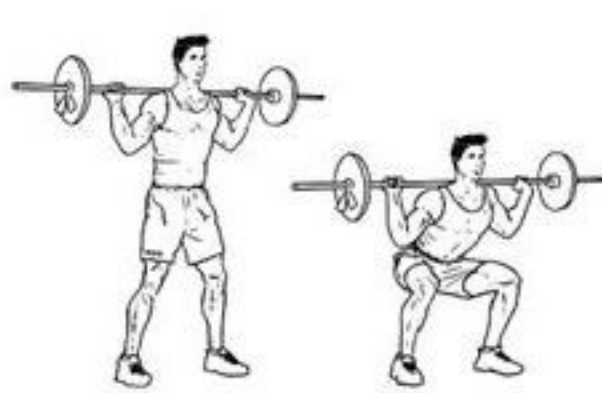


PRINTABLE WORKOUT

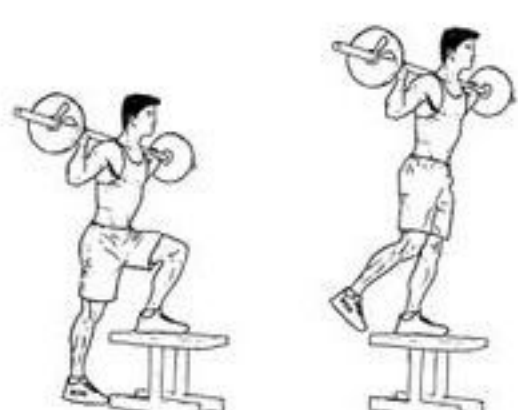
Leg Day



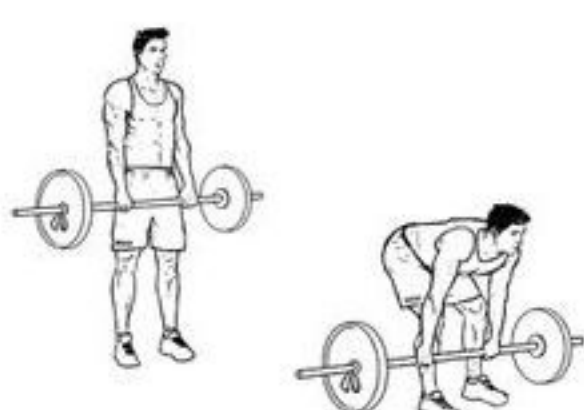
Barbell Lunge
4 sets / 10 reps



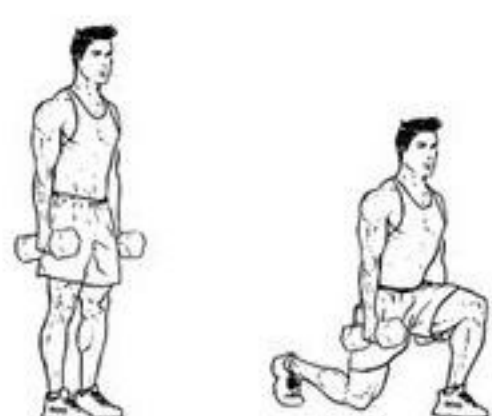
Barbell Squat
4 sets / 10 reps



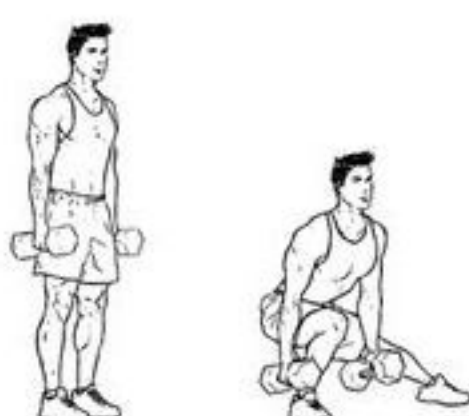
Barbell Step-up
4 sets / 10 reps



Stiff Legged Barbell
Deadlift
4 sets / 10 reps



Dumbbell Lunges
4 sets / 10 reps



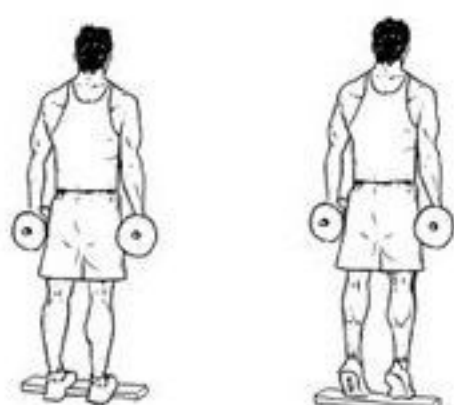
Dumbbell Side Lunge
4 sets / 10 reps



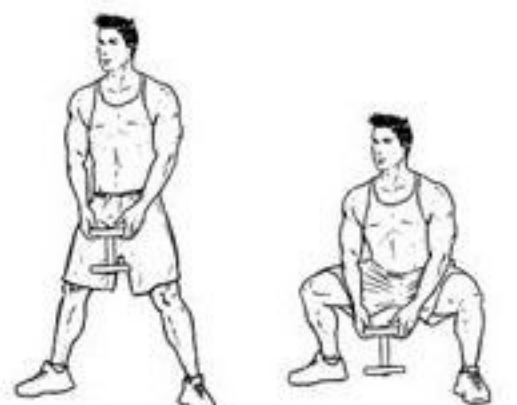
Dumbbell Squat Thrusters
4 sets / 10 reps



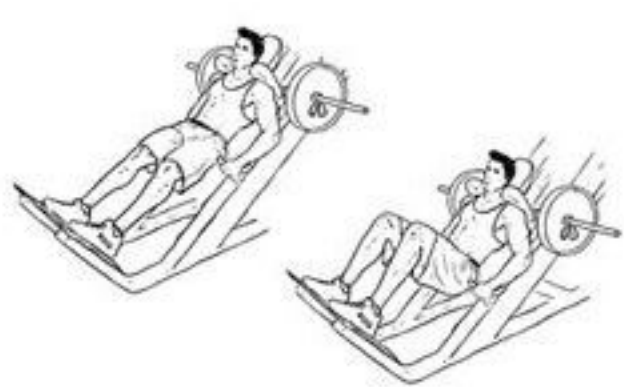
Goblet squat
4 sets / 10 reps



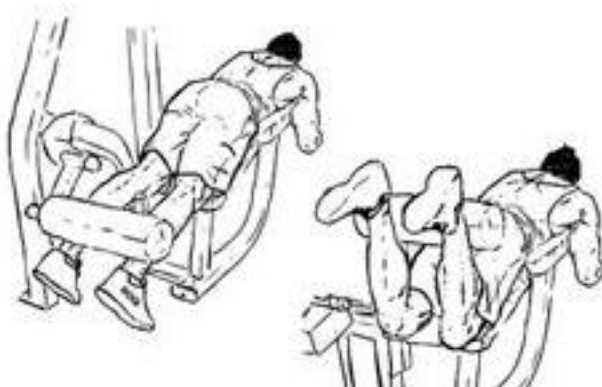
Standing Dumbbell Calf
Raise
4 sets / 10 reps



Plié / Sumo Dumbbell Squat
/ Deadlift
4 sets / 10 reps



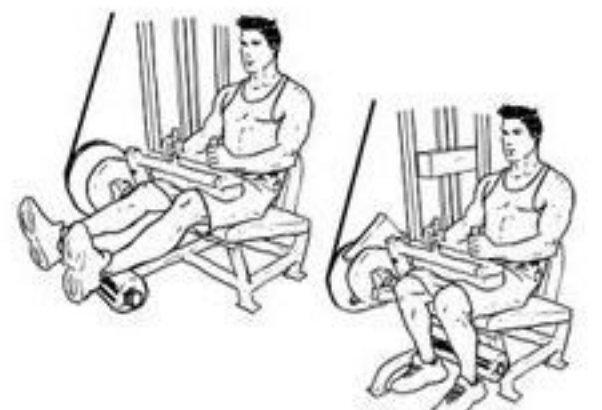
Machine Hack Squat
4 sets / 10 reps



Lying Leg Curls
4 sets / 10 reps



Leg Press
4 sets / 10 reps



Seated Leg Curls
4 sets / 10 reps



Seated Calf Raise
4 sets / 10 reps



Seated Machine Leg
Extensions
4 sets / 10 reps