

## *Legs*

### **Warm Up**

Incline walk on the treadmill for 15 minutes to prevent injury and get blood flow going

#### **Leg Extension**

2 sets 10 reps

#### **Leg Press**

4 sets 10 reps

#### **Hack Squat**

4 sets 10 reps

#### **Front Squat**

4 sets 10 reps

#### **Lunge**

3 sets 10 reps

#### **Leg Extension**

4 sets 10 reps

**\*This workout is intended for informational purposes only. Please consult a physician before beginning any exercise program.**