

Friday, June 01, 2012

Legs-Workout	Set 1	Set 2	Set 3
	Weight/Reps	Weight/Reps	Weight/Reps
Hack Squats			
Leg Press			
Leg Extensions			
Straight Leg Deadlifts			
Standing Leg Curl			
Lying Calf-Press			
Seated Calf-Raise			
Reverse Calf-Raise			