

Lower Body Workout

Choose a different lift each time you work out. Try to increase your weight each set then lower the weight on your last set. You will find a matching colored dot on a machine for each muscle group.

Quads

1. Barbell Squats
2. Leg Presses
3. Leg Extensions

Reps

x12
x10
x8
X6
X12

Weight Lifted

Hamstrings

1. Dumbbell Lunges
2. Straight-Leg Lunges
3. Lying Leg Curls

Reps

x12
x10
x8
X6
X12

Weight Lifted

Calves

1. Seated Calf Raises
2. Standing Heel Raises

Reps

x12
x10
X8
X6
X12

Weight Lifted

Abs

1. Floor Crunches
2. Oblique Floor Crunches
3. Decline Crunches
4. Decline Oblique
5. Hanging Knee Raises
6. Reverse Crunches

Reps

x12
x10
x8
x6
x12

Weight Lifted