LOWER BODY	3 x 3		DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
EXERCISES	***NOTES***	***Rx***	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS
		10-14								
		10-14								
		10-14								
1:00 REST										
		8-12								
		8-12								
		8-12								
1:00 REST										
		6-10								
		6-10								
		6-10								
		20-30								

LOWER BODY	ONE OF EVERYTHING		DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
EXERCISES	***NOTES***	***Rx***	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS
		14-18								
		4-8								
		8-12								
		2-6								
		6-10								
		16-20								
		4-8								
		10-14								
		6-10								
		20-25								

LOWER BODY	LEG PRESS STRIP SET		DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
EXERCISES	***NOTES***	***Rx***	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS
LEG PRESS		10-14								
		MAX REPS								
		MAX REPS								
		MAX REPS								
		8-12								
		8-12								
		8-12								
		20-25								

LOWER BODY	15 - 10 - 5		DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
EXERCISES	***NOTES***	***Rx***	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS
		15								
		15								
		15								
		15								
		15								
		10								
		10								
		10								
		10								
		10								
		5								
		5								
		5								
		5								
		5								

LOWER BODY	50 - 40 - 30 - 20 - 10		DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
EXERCISES	***NOTES***	***Rx***	**WT - REPS**	**WT - REPS**	**WT - REPS**	**WT - REPS**	**WT - REPS**	**WT - REPS**	**WT - REPS**	**WT - REPS**
		50								
		40								
		30								
		20								
		10								
		10-14								
		20-25								