LOWER BODY	LEG PRESS 3 x VARIED PROTOCOLS + DEAD LIFT		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	DEAD STOP	10-14								
	2:00 REST									
	ZONE REPS	LOWER 10-14								
		UPPER 8-12								
	2:00 REST									
	ALTERNATE LEG	8-12								
		16-20								
		14-18								
		8-12								
		8-12								
		20-30								