






Leg & Lower Body Guide




What's your goal?



*Rec= Recommend







* Mil= Miles

* Mi= Minutes

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
<p>RDL's </p> <p>6 sets of 10 reps Weight Optional</p> <p>Hip Abductors 5 sets of 12 Reps Weight Optional Rec: 80+lbs</p> <p>Burpees: 30</p>	<p>Leg Press Start Weight 20-100+lbs. Rec: 140+lbs 2 sets of 12 reps</p> <p>Leg Curls 3 sets of 20 reps Weight: 30-120+lbs</p> <p>Burpees - 30</p> <p>Sauna:20 mins</p>	<p>10 Plank rotations, 4 sets of 5 reps</p> <p>Romanian Deadlift 3 sets of 10 reps </p> <p>Leg Extension 4 sets of 10 reps Weight: 40-120+lbs</p> <p>Cardio: 2 mil</p>	<p>Jump Squat 40+ (reps)</p> <p>Hip Thrust 2 sets of 20 80+lbs</p> <p>Lunges 50+ (reps) Weight Optional</p> <p>Sauna: 20 mins</p> <p>Swim: 15 mins</p>	<p>Leg Press Start Weight 20- 180+ lbs. 1 sets, 50 Reps 80-200+lbs. 1 set, 30 Reps</p> <p>Calf Raises Weight Optional 4 sets of 10</p> <p>Step Ups 3 sets of 15 Weight Optional Rec: 45lbs</p>	<p>Rest Day </p>
<p>Back Squats 2 sets of 20 60-140lbs+ </p> <p>Side Lunges 2 sets of 20 reps</p> <p>Stiff Leg Deadlift 2 sets of 20</p>	<p>Hip Abductors 3-4 sets of 8-12 reps or 4-5 sets of 15-25 reps </p> <p>Lunges Weight: Rec: 40-80lbs 4 sets of 10</p> <p>Cardio: 2mil</p>	<p>Romanian DeadLifts 2 sets of 30 reps Weight:50-160+lbs </p> <p>Back Squats 4 sets of 10 70-140+lbs</p>	<p>Goblet Squats 3 sets 10 reps 15lbs-80+</p> <p>Reverse Lunges 4 sets of 15 Weight: 30-90+lbs</p> <p>Cardio:5 mil</p>	<p>Leg Press Start Weight 20-100+lbs. Rec: 140+lbs 2 sets of 12 reps</p> <p>Leg Curls 3 sets of 20 reps Romanian</p>	<p>Rest Day </p>

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<p>60-180lbs+</p> <p>Burpees- 30 Jump Squat 40+ (reps)</p> <p>Hip Thrust 2 sets of 20 80+lbs</p> <p>Lunges 2 set + reps & Weight Optional</p>	<p>Calf Raises Weight Optional 4 sets of 10</p> <p>Step Ups 3 sets of 15 Weight Optional Rec: 45lbs</p> <p>Cardio: 2 mil</p>	<p>Burpees:40</p> <p>Cardio: 2 Mil</p> <p>Sauna: 20 mi</p> <p>Swim: 1 hour</p>	<p>Leg Press Start Weight 20-100+lbs. Rec: 140+lbs 2 sets of 12 reps</p> <p>Leg Curls 3 sets of 20 reps Weight: 30-120+lbs</p> <p>Back Squats 2 sets of 20 60-140lbs+</p>	<p>Deadlifts Weight: 50-120+lbs 2 sets of 10</p> <p>Goblet Squats 3 sets 10 reps 15lbs-80+</p> <p>Swim: 35mins</p>	

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<p>Tricep Dips 3-4 sets of 12-15 reps</p> <p>Seated Cable Row 4 sets of 15 reps</p> <p>Leg Extensions: 1-2 sets of 10 reps 60+ lbs</p>	<p>AB Cruncher Machine 5 sets of 20 reps or 6 sets of 10 reps</p> <p>Lower Abs Planks(4x- till fail) Weighted Russian Twist(7s,10r)Heel Touch(120)</p>	<p>Cardio 45-1hr Elliptical/ Treadmill</p> <p>Burpees- 25</p> <p>Chest Press 4 sets of 12 reps</p> <p>Sauna:20 mins</p>	<p>Sumo Squats </p> <p>6 sets of 10 reps Weight: 40+ lbs</p> <p>Burpees- 30</p> <p>Hip Abductors 4 sets of 8</p> <p>Swim: 25 mins</p>	<p>Lower Abs Planks(4x- till fail)</p> <p>Weighted Russian Twist 7sets,10rep</p> <p>Heel Touch 120 reps </p>	<p>Rest Day </p>

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<p>Leg Lift(curls) 5 sets of 15 reps or 6 sets of 10 reps </p> <p>Leg Press 20-100lbs, 2 sets of 20</p> <p>Cardio: 3 mil</p>	<p>Cardio 30-45 mins Ellip/Treadmill</p> <p>Stairmaster 20 mins on level 4 Incline</p> <p>Squats: 1-2 set 20+reps Weight: 50+ lbs</p> <p>Swim: 35 mins</p>	<p>RDL's 5 sets of 10 reps or 6 sets of 8 reps Weight Optional </p> <p>Lower Abs Planks(4x- till fail) Weight Optional</p> <p>Sauna: 20 mins</p>	<p>Burpees - 30</p> <p>Leg Press 40+lb, 1-2 sets of 20+ reps</p> <p>Cardio: 2 mil</p> <p>Swim: 20 mins</p>	<p>Leg Press 20-100+ lbs 1-2 sets, 20+ reps</p> <p>KB Deadlift 3 sets of 8</p> <p>RDL's 3 sets of 8 60-140+lbs</p> <p>Swim: 20 mins</p>	<p>Rest Day </p>

1

Date: __ / __ / ____ How do you feel today? _____

What have you done for yourself
today? _____

One thing you're grateful for today? _____

2

Date: __ / __ / ____ How do you feel today? _____

What have you done for yourself
today? _____

One thing you're grateful for today? _____

3

Date: __ / __ / ____ How do you feel today? _____

What have you done for yourself today? _____

One thing you're grateful for today? _____

4 Date: __ / __ / ____ How do you feel

today? _____

—

What have you done for yourself today?

—

____ One thing you're grateful for
today? _____

—

5 Date: __ / __ / ____ How do you feel

today? _____

—

What have you done for yourself today? Any Obstacles?

—

One goal you reached
today? _____

6 Date: __ / __ / ____ How do you feel

today? _____

What have you achieved
today? _____

—

What are your goals for the upcoming
week? _____

7

Date: __ / __ / ____ How do you feel

today? _____

—

What have you done for yourself

today? _____

—

One thing you're grateful for

today? _____

—

8

Date: __ / __ / ____ How do you feel

today? _____

—

What have you done for yourself

today? _____

—

One goal or obstacle you overcame

today? _____

—

9

Date: __ / __ / ____ How do you feel

today? _____

—

What have you done for yourself

today? _____

—

One thing you're grateful for

today? _____

—

10

Date: __ / __ / ____ How do you feel today?

—

What have you done for yourself today? _____

—

One thing that you accomplished for today? How did it feel?

11

Date: __ / __ / ____ How do you feel

today? _____

—

What have you done for yourself today? _____

—

One thing you're grateful for today? _____

—

12

Date: __ / __ / _ How do you feel

today? _____

—

What have you done for yourself today? _____

—

What are your goals for the upcoming week? _____

—

