



Legs Beginner Workout

Exercise	Sets	Reps	Rest	Comments
*Complete warm up / Mobility routine before beginning your workout.				
1 Leg Extensions	10	10	1 Minute	*10 Sets of 10 reps with 10 seconds rest between each set.
2 Leg Press	5	15	1 Minute	*Progression, increase weight each set as you drop reps
3 Hamstring Curl Machine	4	20	1 Minute	*Holding heavy dumbbells on your toes walk 10 steps then complete 10 stationary calf raises. 4 rounds equals 1 set.
Super Set Dumbbell Walking Calf Raise Combo	4	4	1 Minute	
4 Dumbbell Overhead Walking Lunge	2	50	2 Minutes	*25 each leg, Holding your arm locked in straight. Knee to the ground each rep.

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