



Legs & Back

Workout Routine #3		Date:			Date:		
Ex.#	Exercise	Reps	Weight	Sets	Reps	Weight	Sets
1	One leg wall squats – 1 min each						
2	Lawn mower						
3	Leg curls						
4	Wide front pull ups - Max Reps						
5	One leg toe raise						
6	Shrugs – forwards and backwards holding dumbbells						