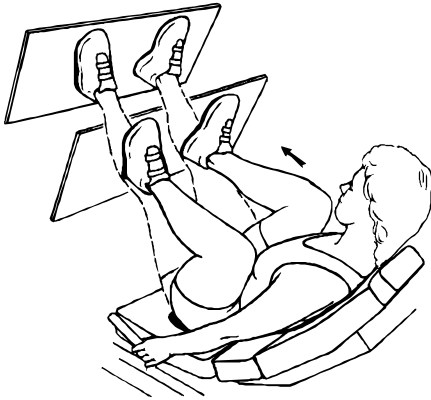
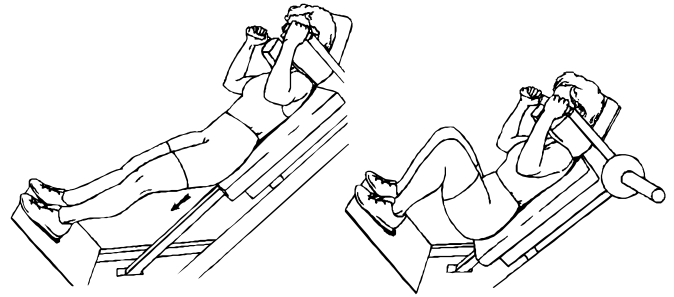


LEGS: GLUTS - 8 Leg Press



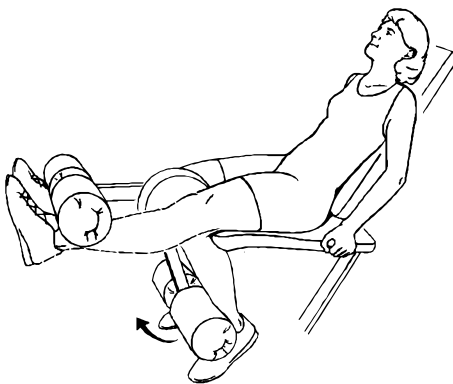
Press weight until legs are just short of locked-knee position.
Complete ____ repetitions. Do ____ sets.

LEGS: GLUTS - 7 Hack Squat



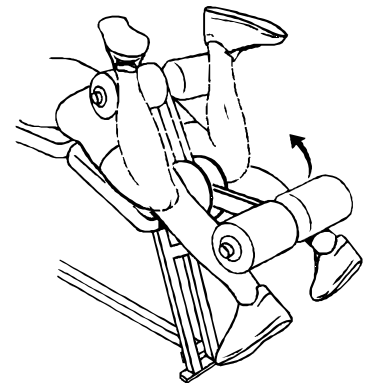
From starting position, facing away from machine with head up and legs shoulder-width apart, bend legs until upper legs are parallel to foot board.
Complete ____ repetitions. Do ____ sets.

LEGS: QUADS - 1 Leg Extension



Straighten legs to locked-knee position, keeping toes flexed toward knees.
Complete ____ repetitions. Do ____ sets.

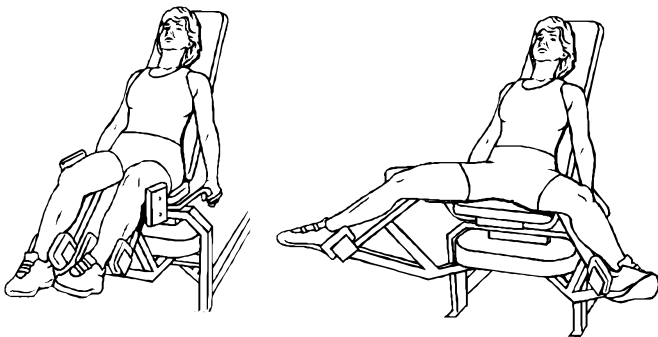
LEGS: HAMSTRINGS - 1 Prone Leg Curl



Bring heels as close to buttocks as possible, keeping feet flexed toward knees.

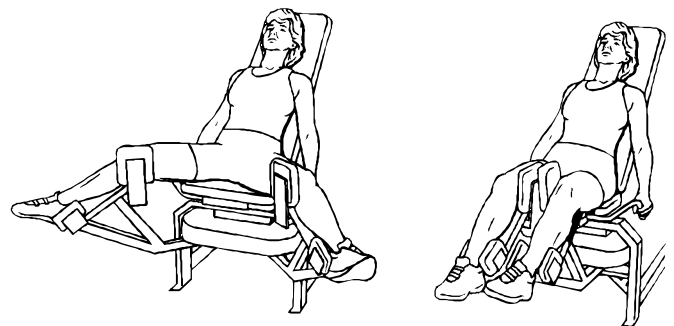
Complete ____ repetitions.
Do ____ sets.

LEGS: ABDUCTORS - 2 Seated Leg Abduction



From starting position, move legs outward and slowly return to start.
Complete ____ repetitions. Do ____ sets.

LEGS: ADDUCTORS - 2 Seated Leg Adduction



From starting position, move legs together and slowly return to start.
Complete ____ repetitions. Do ____ sets.