

## **10 WEEKS TO FITNESS-DAY 42: LEGS & CALVES**

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|-----------------------|---------------------------|
| 1) Leg Curls:         | 3 Sets of 30, 40, 50 Reps |
| 2) Single Leg Press:  | 3 Sets of 10, 20, 30 Reps |
| 3) Narrow Leg Squats: | 3 Sets of 30, 40, 50 Reps |
| 4) Wide Leg Squats:   | 3 Sets of 30, 40, 50 Reps |
| 5) Single Leg Squats: | 3 Sets of 10, 20, 30 Reps |
| 6) Abductor Press:    | 3 Sets of 30, 40, 50 Reps |