

Free Leg Workout

Exercise	Sets	Reps
Straight bar squat to shoulder press	5	15
Closed stance Leg Press	5	20
Dumbbell Assist Step Ups	5	15/per side
Elevated Leg Side Squat	4	15/per side
Kettle bell Assist Front Squat to Wide leg Squat (you can use Dumbbell too).	4	15/per side (watch video for example)
Cable Assisst Ab Twist	5	20/per side
Frog Jump Abs	5	20

Cardio: 40 minutes