

## **Free Leg Workout**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Hamstring Curls</b>	<b>4</b>	<b>20/leg</b>
<b>Leg Extensions</b>	<b>4</b>	<b>20</b>
<b>Walking Squat</b>	<b>4</b>	<b>15</b>
<b>Leg Press</b>	<b>4</b>	<b>50</b>
<b>Smith Machine Wide Leg Squats</b>	<b>4</b>	<b>20</b>
<b>Dead Lift</b>	<b>4</b>	<b>20</b>

**Cardio: 30 minutes**

**\*Walking Squats: One rep is 4 steps back and 4 steps up = ONE REP.**