



# Day 1

Exercise Order	Exercise	Sets	Reps	Tempo	Rest Break (sec.)
A1	Squat	3	12-15	Controlled	60
A2	Lat Pulldown Overhand Shoulder Width Grip	3	12-15	Controlled	60
B1	Leg Curl Prone	3	12-15	Controlled	60
B2	Incline DB Press 45 Degree	3	12-15	Controlled	60
C1	Step Up	3	12-15	Controlled	60
C2	Calf Raise Standing	3	15-20	Controlled	60
D1	Rope Extension Cable	3	12-15	Controlled	60
D2	Standing DB Curl	3	12-15	Controlled	60

Exercise Order	Exercise	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
A1	Squat						
A2	Lat Pulldown Overhand Shoulder						
B1	Leg Curl Prone						
B2	Incline DB Press 45 Degree						
C1	Step Up						
C2	Calf Raise Standing						
D1	Rope Extension Cable						
D2	Standing DB Curl						

Go back and forth between Day 1 and Day 2.

Workout 3x/week.

After you have finished 6 workouts of each progress to next program.