**Day 10 January 20, 2015**

**Lower Body**

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| Quadriceps Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Leg Press Machine | 12 |  |  |
| Leg Press Machine | 10 |  |  |
| Leg Press Machine | 8 |  |  |
| Leg Press Machine | 6 |  |  |
| Leg Press Machine | 12 |  |  |
| Seated Leg Extension | 12 |  |  |

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| Hamstrings Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Dumbbell Squats | 12 |  |  |
| Dumbbell Squats | 10 |  |  |
| Dumbbell Squats | 8 |  |  |
| Dumbbell Squats | 6 |  |  |
| Dumbbell Squats | 12 |  |  |
| Ball Leg Curl | 12 |  |  |

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| Calf Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Seated Dumbbell Raises | 12 |  |  |
| Seated Dumbbell Raises | 10 |  |  |
| Seated Dumbbell Raises | 8 |  |  |
| Seated Dumbbell Raises | 6 |  |  |
| Seated Dumbbell Raises | 12 |  |  |
| Standing Raises | ~~12~~ 30 |  |  |

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| Abdominal Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Ball | ~~12~~ 10 |  |  |
| Ball | ~~10~~ 15 |  |  |
| Ball | ~~8~~ 20 |  |  |
| Ball | ~~6~~ 25 |  |  |
| Ball | ~~12~~ 20 |  |  |
| Decline Bench | 12 |  |  |