**Day 18 January 30, 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 |  | https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcRkYyBTTZXGBgRx3cNzFtOhX5bftNSp5jU_mYIqr4eyCvoWJEnXRA |
| 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 |  | http://yegfitness.ca/wp-content/uploads/2014/09/swiss-ball-6.jpg |
|  Ball Leg Curl | 12 |  | Use the 2 6-lb. balls under each foot |

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| Calf Exercises | # of Reps | Weight/Level | http://www.diyhealth.com/wp-content/uploads/2012/07/heel_raises_image_title_p7ftn.jpgNotes for Next Time |
| Standing Heel Raises | 12 |  |  |
| Standing Heel Raises | 10 |  |  |
|  Standing Heel Raises | 8 |  |  |
| Standing Heel Raises | 6 |  | http://www.flynntherapy.com/image07.jpg |
|  Standing Heel Raises | 12 |  |  |
| Standing Raises | ~~12~~ 30 |  |  |



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| Abdominal Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Mat crunches | ~~12~~ 10 |  |  |
|  Mat crunches | ~~10~~ 15 |  |  |
| Mat crunches | ~~8~~ 20 |  | http://img1.wfrcdn.com/lf/49/hash/2718/313540/1/High+Impact+Commercial+Adjustable+Sit+-Up%2FDecline+Bench.jpg |
| Mat crunches | ~~6~~ 25 |  |  |
| Mat crunches | ~~12~~ 20 |  |  |
|  Decline Bench | 12 |  |  |