**Day 22 February 5, 2015**

**Lower Body**

|  |  |  |  |
| --- | --- | --- | --- |
| Quadriceps Exercises | # of Reps | Weight/Level | http://1.bp.blogspot.com/-nV-vtlL_4YA/T4SZKvOkzmI/AAAAAAAABP4/jAms0DRo4WE/s1600/barbell_squat-300x300.jpgNotes for Next Time |
| Barbell Squats | 12 |  |  |
| Barbell Squats | 10 |  |  |
| Barbell Squats | 8 |  |  |
| Barbell Squats | 6 |  |  |
| Barbell Squats | 12 |  |  |
| https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcRkYyBTTZXGBgRx3cNzFtOhX5bftNSp5jU_mYIqr4eyCvoWJEnXRALeg Extensions | 12 |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Hamstrings Exercises | # of Reps | Weight/Level | http://build-muscle-101.com/wp-content/uploads/2014/12/leg_curls.jpgNotes 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 |



|  |  |  |  |
| --- | --- | --- | --- |
| Calf Exercises | # of Reps | Weight/Level | Notes 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 |  |  |



|  |  |  |  |
| --- | --- | --- | --- |
| 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 |  |  |