**March 17, 2015**

**Lower Body**

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| Quadriceps Exercises | # of Reps | Weight/Level | https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcRkYyBTTZXGBgRx3cNzFtOhX5bftNSp5jU_mYIqr4eyCvoWJEnXRANotes for Next Time |
| Leg Extensions | 12 |  |  |
| Leg Extensions | 10 |  |  |
| Leg Extensions | 8 |  |  |
| Leg Extensions | 6 |  |  |
| Leg Extensions | 12 |  | http://www.womenshealthmag.com/files/images/0904-squat-jumps.jpg |
| Jump Ups (see notes) | 12 |  | Swat down and touch floor between knees; jump up with arms over head – as high as you can; repeat 12 times |



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| Hamstrings Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Dumbbell Lunges | 12 |  |  |
| Dumbbell Lunges | 10 |  |  |
| Dumbbell Lunges | 8 |  |  |
|  Dumbbell Lunges | 6 |  |  |
| Dumbbell Lunges | 12 |  | http://yegfitness.ca/wp-content/uploads/2014/09/swiss-ball-6.jpg |
|  Ball Leg Curl | 12 |  |  |



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| Calf Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Stand Dumbbell Raises | 12 |  |  |
| Stand Dumbbell Raises | 10 |  |  |
| Stand Dumbbell Raises | 8 |  |  |
| Stand Dumbbell Raises | 6 |  | http://www.flynntherapy.com/image07.jpg |
| Stand Dumbbell Raises | 12 |  |  |
| Standing Raises | ~~12~~ 30 |  |  |

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| Abdominal Exercises | # of Reps | Weight/Level | http://www.iposture.com/images/pho_exercise_bridge-hip-joint.jpgNotes for Next Time |
| Butt Lifts (Butt Ups) | ~~12~~ 10 |  |  |
|  Butt Lifts (Butt Ups) | ~~10~~ 15 |  |  |
| Butt Lifts (Butt Ups) | ~~8~~ 20 |  |  |
| Butt Lifts (Butt Ups) | ~~6~~ 25 |  | http://www.a-flat-stomach.com/Images/Abs%20crunch.jpg |
| Butt Lifts (Butt Ups) | ~~12~~ 20 |  |  |
|  Mat Crunches | ~~12~~ (As many as you can!) |  |  |