**March 23, 2015**

**Lower Body**

|  |  |  |  |
| --- | --- | --- | --- |
| Quadriceps Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Bulgarian Split Squat | 12 |  |  |
| Bulgarian Split Squat | 10 |  |  |
| Bulgarian Split Squat | 8 |  | https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcRkYyBTTZXGBgRx3cNzFtOhX5bftNSp5jU_mYIqr4eyCvoWJEnXRA |
| Bulgarian Split Squat | 6 |  |  |
| Bulgarian Split Squat | 12 |  |  |
| Leg Extensions | 12 |  |  |



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

|  |  |  |  |
| --- | --- | --- | --- |
| Calf Exercises | # of Reps | Weight/Level | https://s.yimg.com/ea/img/-/130916/lactic_acid_training_standing_calf_raises_193d7ln-193d7rk.jpg?x=450&q=80&n=1&sig=mdpdB2Al5mwM.eKYIDTFKQ--Notes for Next Time |
| Stand Dumbbell Raises | 12 |  |  |
|  Stand Dumbbell Raises | 10 |  |  |
| Stand Dumbbell Raises | 8 |  |  |
| Stand Dumbbell Raises | 6 |  |  |
| Stand Dumbbell Raises | 12 |  | http://ecx.images-amazon.com/images/I/71H0Tzp96OL._SL1500_.jpg |
| Jump Rope | ~~12~~ 30 |  | Do this anywhere from 30 to 60 seconds |

|  |  |  |  |
| --- | --- | --- | --- |
| Abdominal Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Ball Crunches | ~~12~~ 10 |  | http://munfitnessblog.com/wp-content/uploads/2008/05/basic-crunches-on-stability-ball.jpgHold a weight on chest to up the intensity |
| Ball Crunches | ~~10~~ 15 |  |  |
|  Ball Crunches | ~~8~~ 20 |  |  |
| Ball Crunches | ~~6~~ 25 |  |  |
| Ball Crunches | ~~12~~ 20 |  | http://www.iposture.com/images/pho_exercise_bridge-hip-joint.jpg |
|  Butt Ups (Hip lifts) | ~~12~~ (As many as you can!) |  |  |