**Day 7 January 13, 2015**

**Lower Body**

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| Quadriceps Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Leg Extension | 12 |  |  |
| Leg Extension | 10 |  |  |
| Leg Extension | 8 |  |  |
| Leg Extension | 6 |  |  |
| Leg Extension | 12 |  |  |
| Dumbbell Squats | 12 |  |  |

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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 |  |  |
| Straight-Leg Deadlift | 12 |  |  |

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

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| Abdominal Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Decline Sit ups | 12 |  |  |
| Decline Sit ups | 10 |  |  |
| Decline Sit ups | 8 |  |  |
| Decline Sit ups | 6 |  |  |
| Decline Sit ups | 12 |  |  |
| Floor Crunches | 12 |  |  |