

# GYM RETRO



## LEGS PROGRAM

### EXERCISE

### -SETS -REPS

### RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK  
CLICK ON THE EXERCISE TO VIEW VIDEO

**CARDIO WARM UP**

**5 - 10 MINS**

**LEG EXTENSION**

**10 REPS  
2-3 SETS**

**LEG RAISES**

**10 REPS  
2-3 SETS**

**LUNGE TO KNEE**

**10 REPS L-R  
2-3 SETS**

**HAMSTRING CURLS**

**10 REPS  
2-3 SETS**

**CARDIO BREAK**

**5 MINS**

**LEG PRESS**

**10 REPS  
2-3 SETS**

**DEADLIFT**

**10 REPS  
2-3 SETS**

**SUMO SQUAT**

**10 REPS  
2-3 SETS**

**COBRA STRETCH**

**30-60  
SECONDS**

**SPLIT STRETCH**



Adobe Acrobat Reader

**TEXT 0409 248 686 - FOR A SUPPORT CALL BACK**