

# 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**

**LUNGE TO KNEE**

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

**STEP UPS**

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

**STRADDLE STEPS + JUMPS**

**40 REPS  
EACH EXERCISE**

**HACK SQUAT**

**10 REPS  
2-3 SETS**

**MOUNTAIN CLIMBERS**

**30 REPS  
2-3 SETS**

**CALF RAISES**

**10 REPS  
2-3 SETS**

**HAMSTRING CURLS**

**10 REPS  
2-3 SETS**

**CARDIO COOL DOWN**

**5 - 10 MINS**



Adobe Acrobat Reader

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