

EXERCISE JOURNAL

Legs & Shoulders

- ALWAYS WARM UP BEFORE WORKOUT (5 minutes minimum)
- ENSURE THAT YOU LEAVE YOURSELF ENOUGH TIME FOR A PROPER COOL DOWN (5 min. minimum)
- STRETCH AFTER EVERY WORKOUT
- IF YOU DON'T MAINTAIN FORM THROUGH THE REPS THEN ADJUST WEIGHT ACCORDINGLY.
- *BW* (body weight), *BB* (bar bell), *DB* (dumbbell), *KB* (kettle bell), *r* (reps), *h* (hold)

EXERCISES #1 (3-4 SETS)	SUGGESTED WEIGHT	NOTES
DB Sumo Squats (15-20r)(10-12r)(10-12)(10-12r)		
REST 40 sec		
DB Shoulder Press standing (20r)(12r)		
REST 30-40 sec		
DB Lunges (15-20r)(10-12r)(15-20r)(10-12r)		
REST 40 sec		
DB Lateral Raises (15-20r)(8-10)(8-10)(8-10)		
REST 40 sec		
Ball Leg Curls (15-20r)(10-12r)		
REST 40 sec		
DB Upright rows (15-20r)		
REST 40 sec		
DB Curtsy Lunges (20r)		