

### Legs – Routine 3

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Barbell Back Squats	3	12
Barbell Back Static Lunges	3	20
SUPER SET Walking Lunges	3	16
Smith Machine Leg Press	3	20
Single Leg Press	3	10 each side
Machine Leg Extension Hold	3	30 seconds
Machine Leg Curl Hold	3	30 seconds
Machine Leg Extensions (slow)	3	12
Machine Leg Curls (slow)	3	12
Leg Press Calf Raises	3	20
Machine Calf Raises	3	20