

FOR WOMEN'S
FITNESSRx PRINT AND GO

AWARD-WINNING LEG ROUTINE

Try this leg workout on for size. It's one of Nicole's favorites!

EXERCISE	SETS	REPS
Leg press (followed immediately with 30 sec of Jump Squats)	3	25
Step-ups onto a bench holding 15-pound dumbbells	3	15
Walking Lunges holding 25-pound dumbbells	3	25
Leg extension (drop sets of 10, 10, 10)	3	10, 10, 10
Prone hamstring curls on machine	3	15
Stiff-legged deadlifts	3	15