

FLAT ABS AND SEXY LEGS PROGRAM

LEG & ABS DAY 1 - QUADRICEP FOCUSED

EXERCISE	SETS	REPS
*DEEP BARBELL (OR SMITH MACHINE) SQUATS	4	12
LEG EXTENSIONS <i>Superset with</i>	3	12
STATIONARY DUMBBELL LUNGE	3	12
BARBELL STRAIGHT-LEG DEADLIFT <i>Superset with</i>	3	12
SEATED LEG CURL	3	12
FINAL BURN: DEEP WALKING LUNGE	3	20 EACH LEG
WEIGHTED INCLINE BENCH SIT-UPS	4	12

LEGS & ABS DAY 2 - HAMSTRING FOCUSED

LEG PRESS (FEET HIGH AND WIDE) <small>(THIS FIRST EXERCISE SHOULD BE DONE FOR MAXIMUM WEIGHT YOU CAN DO FOR 12 HIGH QUALITY REPS)</small>	4	12
BARBELL STRAIGHT-LEG DEADLIFT <i>Superset with</i>	3	12
SEATED LEG CURL	3	12
LEG EXTENSIONS <i>Superset with</i>	3	12
BARBELL STATIONARY LUNGE	3	12
FINAL BURN: WEIGHTED HIGH JUMPS	3	15
VERTICAL KNEE RAISE <i>Superset with</i>	4	12
STRAIGHT LEG CRUNCHES	4	20

**This should be done for maximum weight you can do for 12 high quality reps*