|  |  |  |
| --- | --- | --- |
| 1st SESSION | 2ND SESSION | 3RD SESSION |
| Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 20kg | Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 22.5kg | Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 25kg |
| abs | abs | abs |
| UL | UL | UL |
| Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 20kg | Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 22.5kg | Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 25kg |
| abs | abs | abs |
| UL | UL | UL |
| Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 10kg | Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 11.25kg | Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 12.5kg |
| abs | abs | abs |
| UL | UL | UL |
| Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 15kg | Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 17.5kg | Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 20kg |
| 4th SESSION | 5th SESSION | 6th SESSION |
| Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 27.5kg | Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 30kg | Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 32.5kg |
| abs | abs | abs |
| UL | UL | UL |
| Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 27.5kg | Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 30kg | Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 32.5kg |
| abs | abs | abs |
| UL | UL | UL |
| Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 13.75kg | Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 15kg | Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 16.25kg |
| abs | abs | abs |
| UL | UL | UL |
| Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 22.5kg | Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 25kg | Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 27.5kg |
| 7th SESSION | 8th SESSION | 9th SESSION |
| Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 35kg | Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 37.5kg | Quads - 45-degree leg press, feet in the middle.  3 sets 12 reps, 1 minute rest  Start weight 40kg |
| abs | abs | abs |
| UL | UL | UL |
| Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 35kg | Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 37.5kg | Glutes - 45-degree leg press, feet 2/3 on, 1/3 off from the top.  3 sets 12 reps, 1 minute rest  Start weight 40kg |
| abs | abs | abs |
| UL | UL | UL |
| Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 17.5kg | Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 18.75kg | Calves - 45-degree leg press, feet 2/3 off, 1/3 on from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 20kg |
| abs | abs | abs |
| UL | UL | UL |
| Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 30kg | Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 32.5kg | Hamstring - 45-degree leg press, feet 2/3 on, 1/3 off from the bottom.  3 sets 12 reps, 1 minute rest  Start weight 35kg |