

D1	W1		W2		W3		W4	
Exercises	SETS 1	REPS 1	SETS 2	REPS 2	SETS 3	REPS 3	SETS 4	REPS 4
Single Leg Press	2	8-12	3	8-12	3	8-12	4	8-12
Hip Thrust	2	12-15	3	12-15	4	12-15	4	12-15
Hamstring Curl	3	12-15	3	12-15	4	12-15	4	12-15
Leg Press	2	8-12	3	8-12	3	8-12	4	8-12
Leg Extensions	3	12-15	3	12-15	4	12-15	4	15-20
D2	W1		W2		W3		W4	
Exercises	SETS 1	REPS 1	SETS 2	REPS 2	SETS 3	REPS 3	SETS 4	REPS 4
Seated Machine Row	3	12-15	3	12-15	4	12-15	4	12-15
Cable Row	2	10-12	3	10-12	3	10-12	4	10-12
Two Arm Dumbbell Row	3	10-12	3	10-12	3	10-12	3	10-12
Machine Preacher Curls	3	12-15	3	12-15	4	12-15	4	12-15
DB Hammer Curls	2	12-15	3	12-15	3	12-15	4	12-15
D3	W1		W2		W3		W4	
Exercises	SETS 1	REPS 1	SETS 2	REPS 2	SETS 3	REPS 3	SETS 4	REPS 4
Hack Squats	3	8-12	3	8-12	4	8-12	4	8-12
Leg Press	2	8-12	3	8-12	3	8-12	4	8-12
Leg Extensions	3	12-15	3	12-15	4	12-15	4	12-15
Hip Adductors	3	15-20	3	15-20	4	15-20	4	15-20
Calf Raises	3	15-20	3	15-20	4	15-20	4	15-20
D4	W1		W2		W3		W4	
Exercises	SETS 1	REPS 1	SETS 2	REPS 2	SETS 3	REPS 3	SETS 4	REPS 4
Chest Press Machine	3	12-15	3	12-15	4	12-15	4	12-15
Incline Chest Press Machine	2	10-12	3	10-12	3	10-12	4	10-12
DB Shoulder Press	3	12-15	3	12-15	3	12-15	4	12-15
Side Lateral Raises	3	12-15	3	12-15	4	12-15	4	12-15
Tricep Push-Down	2	10-12	3	10-12	3	10-12	3	10-12
D4	W1		W2		W3		W4	
Exercises	SETS 1	REPS 1	SETS 2	REPS 2	SETS 3	REPS 3	SETS 4	REPS 4
Hip Thrust	3	12-15	3	12-15	4	12-15	4	12-15
Romanian Deadlifts	3	8-12	3	8-12	4	8-12	4	15-20
Hamstring Curl	3	12-15	3	12-15	4	12-15	4	12-15
Hip Abductors	2	15-20	3	15-20	3	15-20	4	8-12
Hip Adductors	3	15-20	3	15-20	4	15-20	4	15-20