

## Day 30 - LEG PYRAMID + SHOULDERS



### Pre-workout Feelings

How did you sleep last night?

\_\_\_\_\_

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? \_\_\_\_\_/10

Do you feel tightness/soreness anywhere? \_\_\_\_\_

### RESISTANCE

Exercise	Sets	Reps	Equipment	Intensity	Rest
Leg Extensions	1	50, 40, 30, 20, 10, 10, 20, 30, 40, 50	Life Fitness Leg Ext.		-
Leg Curls	1	50, 40, 30, 20, 10, 10, 20, 30, 40, 50	Life Fitness Leg Curl		-
Lying Glute Raises	4	10	Flat Bench		30 sec
Seated Shoulder Press	4	10	Shoulder Press Machine		30 sec

### CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

### NOTES

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