

Day 12 - Legs & 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
Hack Squat	4	10	Hack Squat Machine	hard	60 sec
Walking Lunges	4	10 paces each, out and back	dumbbell	hard	60 sec
Lateral Lunges	4	10 on each side	barbell	hard	60 sec
Single Arm Overhead Press, leg raised	4	10 on each side	dumbbell	hard	60 sec
Upright Rows	4	10	plates or dumbbells	hard	60 sec
Leaning Lateral Raises	4	10 on each side	dumbbell	hard	60 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
