



LEG WORKOUT **MADNESS**

— FOLD FOR POCKET SIZE —

1 SQUATS



SET: 3

8 LYING LEG CURLS



SET: 3

2 ALTERNATING LUNGES



SET: 3

3 LEG PRESS



9 LEG PRESS



SET: 3

10 LEG EXTENTIONS



4 LYING LEG CURLS



SET: 3

5 SQUATS



11 STAND CALF RAISES



SET: 3

12 SEATED CALF RAISES



6 LEG EXTENTIONS



7 ALTERNATING LUNGES



SET: 3

FOLD IN HALF

FOLD IN HALF

FOLD IN HALF

FOLD IN HALF