

Lincs Inspire

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Strength Programme Card

LEG WORKOUT

STRENGTH PROGRAMME CARD

LEG WORKOUT

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	5 mins on Any Cardio Machine	N/A	N/A
Leg Press Machine	1 x 15-20 reps 3 x 10 reps	Use A Barbell	Lighter weight
Leg Curl Machine	3 x 10 reps	10, 8, 6 reps getting heavier	Lighter weight
Leg Extension Machine	3 x 15 reps	10, 8, 6 reps getting heavier	Lighter weight
Static Barbell Lunges	3 x 15 reps Each Leg	15, 12, 10, 10 getting heavier	Body Weight only

NOTE: If you require any help please ask a Lincs Inspire Instructor

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