Phase 3 – Lower Body (Strength)

Date:	Weight	Reps	Date:	Weight	Reps	Date:	Weight	Reps
Squat								
Squat								
Squat								
Hack Squat								
Hack Squat								
Leg Ext								
Leg Ext								
Romanian Deadlift								
Romanian Deadlift								
Romanian Deadlift								
Ham Curls								
Ham Curls								
Calf Raises								
Calf Raises								
Calf Raises								
Calf Raises								
Calf Raises								
Calf Raises								

Phase 3 – Lower Body (Medium)

Date:	Weight	Reps	Date:	Weight	Reps	Date:	Weight	Reps
Squat								
Squat								
Squat								
Squat								
Hack Squat								
Hack Squat								
Hack Squat								
Leg Press								
Leg Press								
Romanian Deadlift								
Romanian Deadlift								
Romanian Deadlift								
Romanian Deadlift								
Ham Curls								
Ham Curls								
Ham Curls								
Seated Ham Curls								
Seated Ham Curls								
Calf Raise								
Calf Raise								
Calf Raise								
Calf Raise								
Calf Raise								
Calf Raise								

Phase 3 – Lower Body (Light)

Date:	Weight	Reps	Date:	Weight	Reps	Date:	Weight	Reps
Squat								
Squat								
Squat								
Squat								
Leg Ext								
Leg Ext								
Leg Ext								
Leg Press								
Leg Press								
Leg Press								
Romanian Deadlift								
Romanian Deadlift								
Romanian Deadlift								
Romanian Deadlift								
Ham Curls								
Ham Curls								
Ham Curls								
Seated Ham Curls								
Seated Ham Curls								
Seated Ham Curls								
Calf Raise								
Calf Raise								
Calf Raise								
Calf Raise								
Calf Raise								
Calf Raise								