



DEWAYNE

Lower Body Workout 12

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Box Jump Squats	1	15	Bodyweight
1	Reverse Lunges with Barbell	3	15/12/10	50/70/95
2	Glute Press (Glute Blaster Machine)	3	20/15/12	60/70/70
3	Box Jump Squats	4	10	Bodyweight
1	Walking Lunges (pulse in middle) w/ Kettlebell	4	40	(2) 30lb kettlebells
2	Box Jump Squats	4	10	Bodyweight
1	Leg Extensions	4	20	60