LOWER BODY 25	3 x MULTI-JOINT BREAKDOWNS		DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
EXERCISES	*NOTES*	*Rx*	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS	WT - REPS
		12-16								
		MAX REPS								
		MAX REPS								
3:00 REST										
		10-14								
		MAX REPS								
		MAX REPS								
3:00 REST										
		8-12								
		MAX REPS								
		MAX REPS								
		8-12								
		8-12								
		20-25								