

Sexy Legs

Written by

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Leg Extensions --2 Sets with 6-12 Repetitions

Lying Leg Curl --3 Sets with 6-12 Repetitions

Smith Machine Squat --3 Sets with 6-12 Repetitions

Barbell Sissy Squat --2 Sets with 6-12 Repetitions

Donkey Calf Raises --3 Sets with 6-12 Repetitions

Beginners should train during the first 3 weeks only 2 sets of exercise number 3 and 5

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