DAY #3 LEGS, DELTOIDS & FOREARMS:

DATE											
LEG PRESS											
LEG EXTENSIONS											
FREE WEIGHT SQUATS											
SMITH MACHINE SQUATS											
FRONT LATERAL RAISE											
SIDE LATERAL RAISE											
REAR LATERAL RAISE											
REAR DELT MACHINE											
LOW-PULLEY RAISE											
DUMBELL HAMMERS											
REVERSE CURLS											