Total Body Bar

Targeted Resistance Training

Rest Periods Between Sets are 30 to 60 Seconds

Lower Body: Legs & Glutes	Sets / Reps
Squats	6 x 15
Lunges	4 x 12 - 15
Stiff Leg Dead Lifts	4 x 12 - 15
Side Steps	2 x 30
Calf Raises	2 x 12 - 15
Day #7 - Day of Rest	