

TWOD - Quadzilla

- * 4X10 WEIGHTED FRONT SQUATS
- * 5X15 SEATED LEG EXTENSIONS
- * 4X12 CABLE ROPE SQUATS (ROPE AT BOTTOM OF CABLE COMPLEX; PUT ENOUGH WEIGHT ON TO GIVE RESISTANCE. BACK UP AND SQUAT ALL THE WAY DOWN)
- * 4X10 CABLE ROPE 'HACK SQUATS' (SAME POSITION AS ABOVE, FEET CLOSE TOGETHER, SIT ALL THE WAY BACK IN TO SQUAT)
- * 3X20 TOTAL WALKING CROSSOVER LUNGES
- * 3X20 HANGING LEG CRUNCHES
- * 3X 20 TRX KNEE INS
- * CARDIO* 30 MIN ON STEPMILL: EVERY MINUTE, INCREASE SPEED. ONCE AT 10 MIN, DECREASE BACK DOWN EACH MIN. REPEAT.