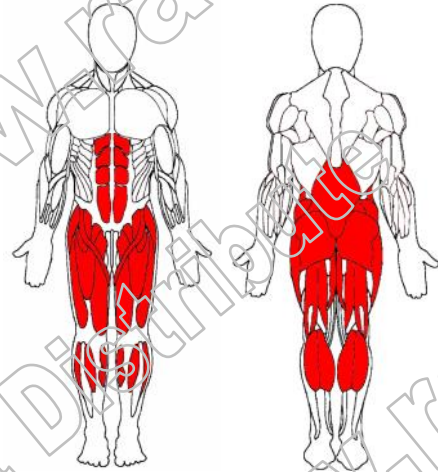


EXERCISES

- 01** Cable Squats
- 02** Cable Lunges
- 03** Cable Leg Extensions
- 04** Cable Legs Lateral Raise
- 05** Cable Calf Raises
- 06** Cable Kneeling Crunches

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Beginner
- Sets** 2-3
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 6-7 RPE
- Freq** 2X Week
- Prog** WP+10%
- Dur** 8-12 weeks
- Equip** Resistance Cables

NOTES

- This routine can be done at home or on the go
- Make sure the cables are anchored and secured before starting the exercise
- Modify any exercise based on your ability

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.



ROUTINE # 029: Lower Body / Beginner



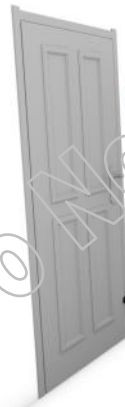
Cable Squats



Cable Lunges



Cable Leg Extensions



Cable Legs Lateral Raise



Cable Calf Raises



Cable Kneeling Crunches



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ROUTINE # 029

Frequency: 2 wk

Reps: 8-12

Duration: 8-12 wks

Rest: 1-2 minutes

Sets: 2-3

Load: 6-7 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Cable Squats									
Cable Lunges									
Cable Leg Extensions									
Cable Legs Lateral Raises									
Cable Calf Raises									
Cable Kneeling Crunches									

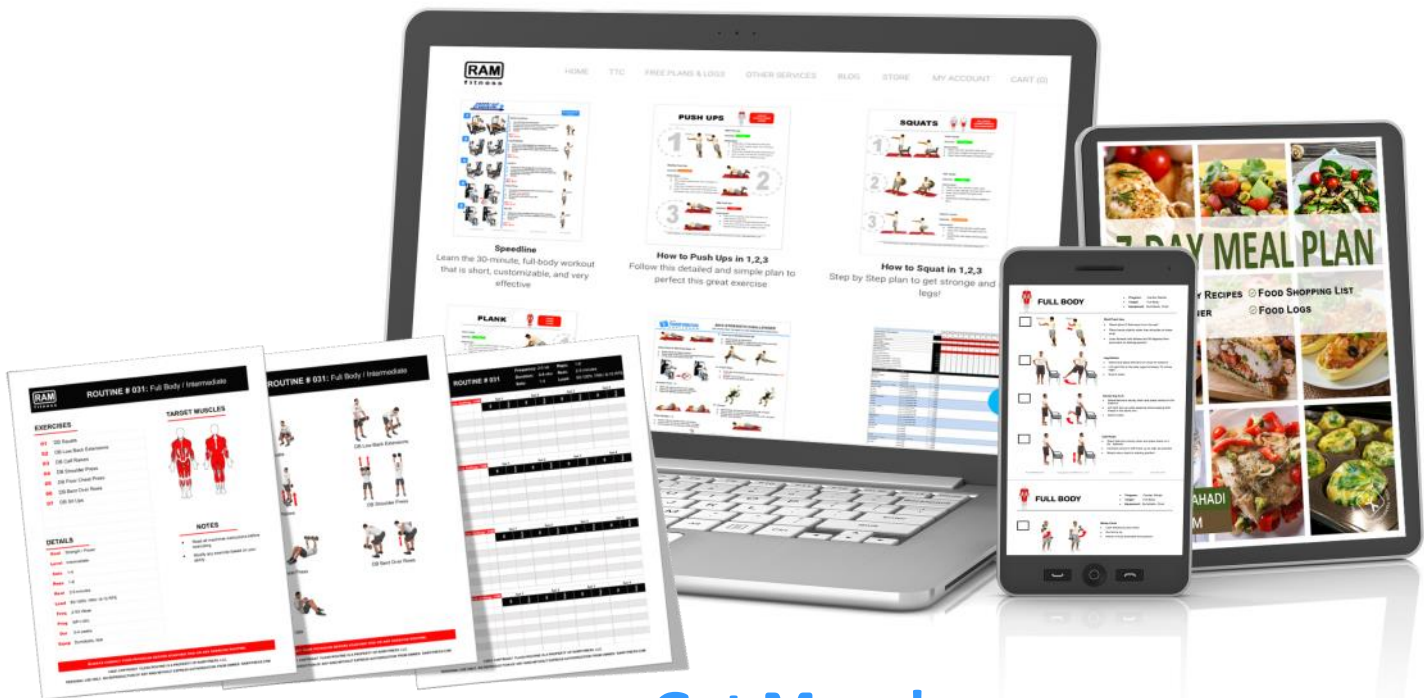
Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Cable Squats									
Cable Lunges									
Cable Leg Extensions									
Cable Legs Lateral Raises									
Cable Calf Raises									
Cable Kneeling Crunches									

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Cable Squats									
Cable Lunges									
Cable Leg Extensions									
Cable Legs Lateral Raises									
Cable Calf Raises									
Cable Kneeling Crunches									

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Cable Squats									
Cable Lunges									
Cable Leg Extensions									
Cable Legs Lateral Raises									
Cable Calf Raises									
Cable Kneeling Crunches									

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