



Day Three – Lower Body Hypertrophy
Sexy Sculpt 1.0

Exercise Name	Week 1 Date:			Week 2 Date:			Week 3 Date:			Week 4 Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
A1) Walking Lunge w/Dumbbell	4	20										
A2) Leg Extension (single leg)	4	15 each leg										
A3) Hamstring Curl (single leg)	4	15 each leg										
B1) Seated Abduction	4	15										
B2) Calf Raises (standing with heels touching)	4	30										
B3) Hanging Leg Raise (add ankle weights to increase difficulty)	4	15										
Instructions / Cardio:	<p>A1) followed by A2) indicates a superset. Do exercises A1) and A2) back to back before taking a 60 second rest. Repeat those two exercises until you've completed all 5 sets, then move on to B1) and B2), repeating the process.</p> <p>We recommend pairing this workout with 10 minutes of HIIT afterward if your goal is fat loss or building lean muscle. See cardio workouts for instructions.</p>											