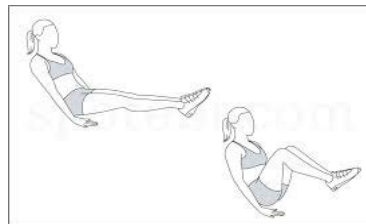
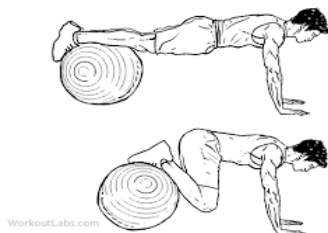




Minimum of 3 sets of 15 reps or until muscle fatigue



Minimum of 3 sets of 15 reps or until muscle fatigues



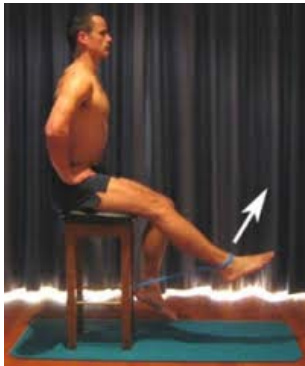
Minimum of 3 sets of 30 seconds per leg or until muscles fatigue



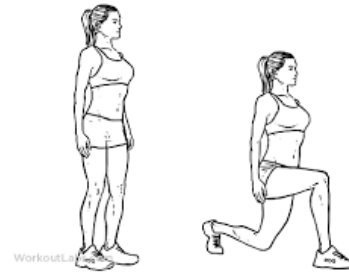
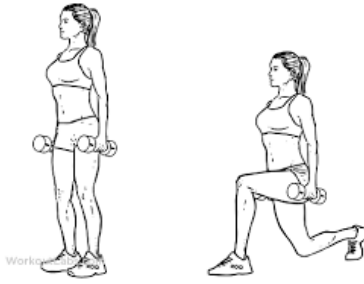
Minimum of 1-1.5 minutes per leg or until muscle fatigue



Minimum of 3 sets of 15 reps per or until muscle fatigue



Minimum of 3 sets of 15 reps per leg or until muscle fatigue



Minimum of 3 sets of 15 reps per leg or until muscle fatigue



Minimum of 3 sets of 15 reps per leg or until muscle fatigue



Minimum of 3 sets of 15 reps or until muscle fatigue



Minimum of 3 sets of 15 reps per leg or until muscle fatigue