
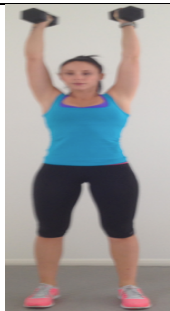



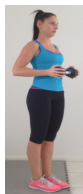





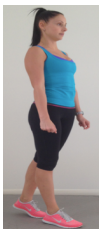



# Luscious Lean Legs

Exercise	Starting	Finish
A1- D/B Squat Press		
A2- D/B Russian Twist/ Cycle		
A3- Alternating Lunge/ Raise		
A4- D/B Swings Swaps	 	
A5- Sumo High Pull		
A6- Short Split Squat		
A7- Dead Lift	