

## Pre-Exhaust Routine

Exercise	Sets	Reps
Leg Extension	4	10,10,10,10
Barbell Squat	4	6,8,8,10
Hack Squat	4	6,8,8,10
Seated Leg Curl	3	12,12,12
Romanian Deadlift	4	6,8,8,10
Bodyweight Walking unge	2	25,25