



## Front Squat

SETS

WEIGHT & REPS

1

36.5kg x 10 reps

2

36.5kg x 10 reps

3

36.5kg x 10 reps



## Leg Extension (Machine)

SETS

WEIGHT & REPS

1

37.5kg x 12 reps

2

37.5kg x 12 reps

3

37.5kg x 12 reps



## Lateral Raise (Dumbbell)

15 or needed two and a half and then the small ones of a half on each of the four sides seven or both dumbbells

SETS

WEIGHT & REPS

1

19kg x 14 reps

2

19kg x 11 reps



## Triceps Extension (Dumbbell)

Three and a half is the bar seven and a half on one side and the other side seven and a half plus one and a quarter all together almost 20 remember we are still early days after hernia surgery

SETS

WEIGHT & REPS

1

20kg x 12 reps

2

20kg x 10 reps