

Allen Tabe's Lower Body Machine Workout

- Using leg extension/leg curl machines
- Use no more than 30 lbs.
- For leg press machine use half your body weight minus one plate

1. With both legs do 5 reps, then 6 reps right leg & 6 reps left leg
2. With both legs do 5 reps, then 7 reps left leg & 7 reps right leg
3. With both legs do 5 reps, then 8 reps right leg & 8 reps left leg
4. With both legs do 5 reps, then 9 reps left leg & 9 reps right leg
5. With both legs do 5 reps, then 10 reps right leg & 10 reps left leg
6. Finish with 5 reps both legs