

## 6-day/week Muscle Definition Workout - MD-34

### WORKOUT 1

#### Legs, Back, Biceps & Abs

L e g s	Sets	Reps
leg extensions	2	12 to 15
hamstring curls	2	12 to 15
calve raise	2	15 to 20
B a c k	Sets	Reps
wide-grip lat pull-downs	2	12 to 15
B i c e p s	Sets	Reps
seated dumbbell curls	2	12 to 15
standing wrist curls	2	15 to 20
A b s	Sets	Reps
compound ab crunches	2	until failure



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