

OEFFENING	SET 1	SET 2	SET 3	SET 4
ROTARY CALF	20x	20x	18x	-
ABDUCTOR	20x	20x	20x	-
VERTICAL TRACTION	20x	18x	15x	15x
ABDOMINAL	20x	20x	20x	20x
ADDUCTOR	20x	20x	20x	-
CHEST PRESS	20x	18x	15x	15x
LEG PRESS	20x	18x	15x	15x
ARM EXTENSION	20x	18x	15x	-