

# HAM-BUSTING WORKOUT

EXERCISE	SETS	REPS
SQUAT	4	8-12
LEG PRESS	3	8-12
BULGARIAN SPLIT SQUAT	3	10-12 (EACH LEG)
ROMANIAN DEADLIFT	3	10-12
GLUTE-HAM RAISE	3	10-15
LYING HAMSTRING CURL	3	10-12