



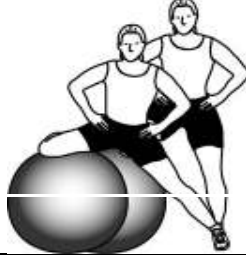


Workout Name: Leg Pain

Do the Following three exercises as Super Sets until completed with no rest in between.  
 If you cant finish don't worry , you can always try again Later.

Exercise Name	The Star Man	Set	Reps
Instructions:  This is a simple Exercise in which you start in the squatted position , Jump into the air and yell "Starman" then return to the Squat.		Set 1	15
		Set 2	12
		Set 3	10
		Set 4	8
		Set 5	5
		Notes:	

Exercise Name	The Iron Mike	Set	Load x Reps
Instructions  Do the Iron Mike just as pictured. One Rep consist of standing, crouching, then standing again.		Set 1	15
		Set 2	12
		Set 3	10
		Set 4	8
		Set 5	5
		Notes	

Exercise Name	The Groin-a-nator	Set	Load x Reps
Instructions  Do the groin-a-nator exactly as pictured . With standing being your start and finish position for each Rep		Set 1	15
		Set 2	12
		Set 3	10
		Set 4	8
		Set 5	5
		Notes	

