

Allen TabeTIPS

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

For comments, questions or suggestions . . . please email [Allen](#)