

# Train the Brain Cross Reflex Breakthroughs ©



## Lower Body Strength Report

Today's Date:	Planned Start Time:	Time Started:
Day of 84	Planned End Time:	Time Ended:
<b>Lower Body Program</b>	Time to Complete:	Total Exercise Time:

Train the Brain Exercises	Planned Workout	Completed Workout
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Lower Body Muscle Groups	Exercise
Quad Muscles	
<b>Break Through</b>	
Hamstring Muscles	
<b>Break Through</b>	
Calve Muscles	
<b>Break Through</b>	
Abs	
<b>Break Through</b>	
Triceps Muscles	
<b>Break Through</b>	

Reps	Weight Lbs.	Minutes Between Sets	Intensity Level
12			
10			
8			
6			
12			
12+			
12			
10			
8			
6			
12			
12+			
12			
10			
8			
6			
12			
12+			
12			
10			
8			
6			
12			
12+			

Reps	Weight Lbs.	Minutes Between Sets	Intensity Level

Notes:

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