Send your before/after pictures to Todd [@] Extreme-Exercises.com

	Extreme-Exercises.com's Insane No-Weight Leg Routine							
Start Date:	Week 1		Week 2		Week 3		Week 4	
Exercise	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2
Hindu Squat								
Crazy Lunge								
One Legged Bird Squat								
Karate Squat								
Falling Tower Exercise								
Duck Walks Exercise								
Catcher's Squat								
Sunken Squat								
Squat Thrusts Exercise								