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Gold's Gym Venice Beach California



roblipsett Legs & abs followed by a spin down to Venice beach for an açai. For me this is the perfect day! Even though it's nothing unusual, I find it so surreal. It's hard to explain 🥵

On today's menu:

- Leg Press
- Hack Squat
- Machine Split Squat
- Leg Extensions
- Ham Curls
- Cable Crunches
- Hanging Leg Raises

Rep range was 3 - 4 sets of 10 - 12 🙌



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If you want to try some killer workouts like this check the link in my bio! You can access all my programs for \$1 

Also still buzzing I can get [@ghostenergy](#) over here 

18w



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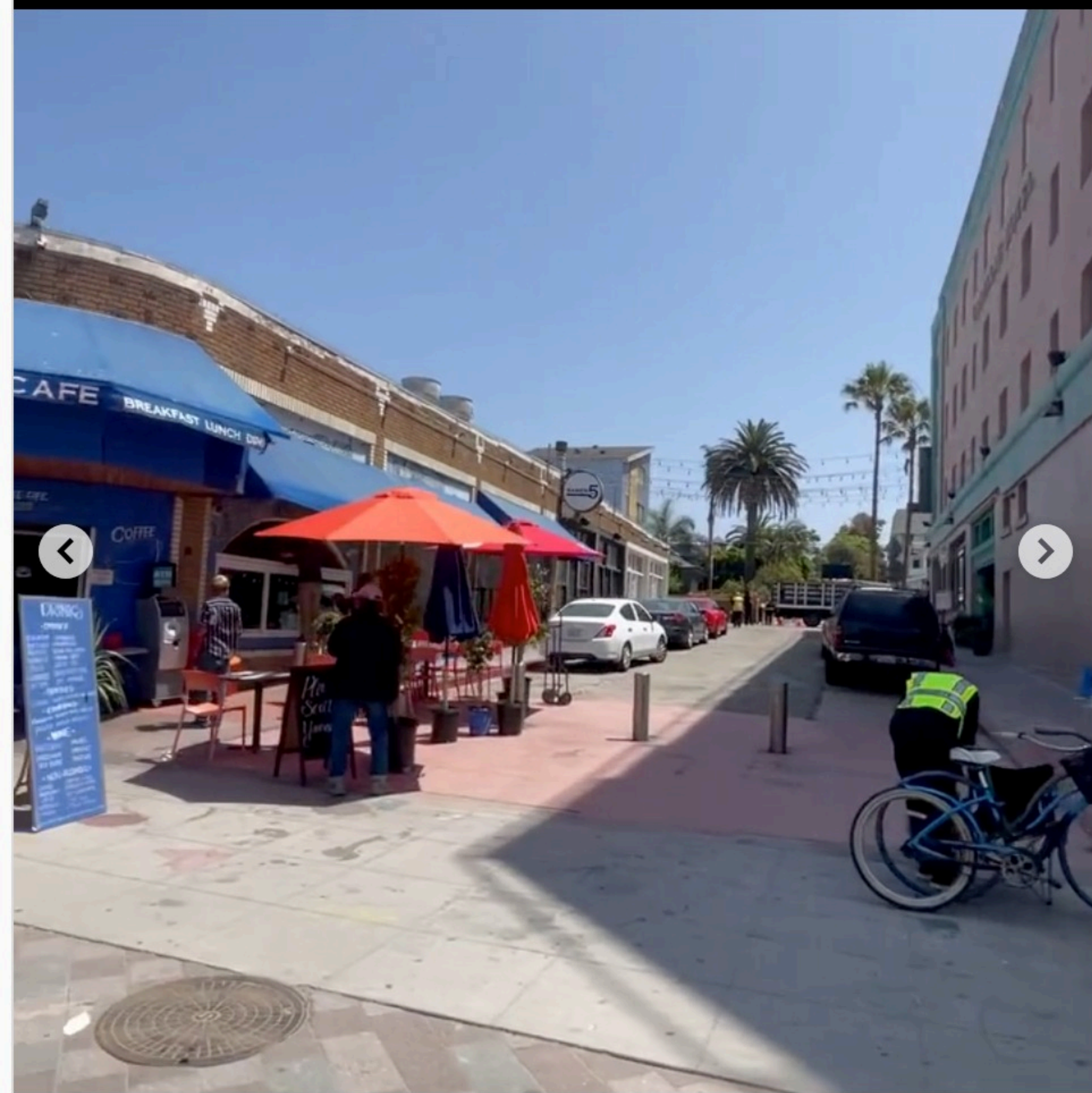
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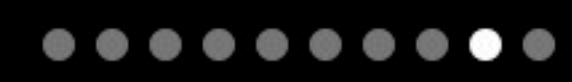
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