[](http://www.fitnish.com)Workout of the Week | Legs Blaster

Workout Log

**Date:**

**Workout Duration:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Warm Up:

* 5 minutes skipping/cycling/walking on an incline to warm up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| [QUADS]  Exercise | Sets | Reps | Weight | Time | Rest period |
| Leg extensions | 1  2  3  4  5 | 20  15  15  12  12 |  |  |  |
| Leg press  (Feet placed just under shoulder width apart and low on the apparatus. To target more of the outer quads) | 1  2  3  4  5  6 | 15  12  10  8  6  6 |  |  |  |
| Hack Squats/Squats  (Feet placed shoulder width apart and in the middle of the apparatus) | 1  2  3  4 | 15  12  10  8 |  |  |  |
| One leg front squat on the smith machine. | 1  2  3  4 | 15  12  10  8 |  |  |  |
| Walking Lunges with dumbbells | 1  2 | 10  10 |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| [HAMSTRINGS]  Exercise | Sets | Reps | Weight | Time | Rest period |
| Stiff legged dead lifts | 1  2  3  4  5 | 15  15  12  10  8 |  |  |  |
| Single leg, leg press  (With feet positioned as high as you can on the apparatus to really target the glutes. Be sure to push with the heel of your foot) | 1  2  3 | 15  12  10 |  |  |  |
| Lying leg curls  (Last set is a drop set\*) | 1  2  3  4  5  6 | 20  15  15  12  12  [8, 10, 15] |  |  |  |

Optional:

* 5 Minutes slow bike ride/jog.

Stretching:

* Stretch the lower body for 15 – 20 minutes