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 | 12345 | 2015151212 |  |  |  |
| Leg press(Feet placed just under shoulder width apart and low on the apparatus. To target more of the outer quads) | 123456 | 151210866 |  |  |  |
| Hack Squats/Squats(Feet placed shoulder width apart and in the middle of the apparatus) | 1234 | 1512108 |  |  |  |
| One leg front squat on the smith machine.    | 1234 | 1512108 |  |  |  |
| Walking Lunges with dumbbells | 12 | 1010 |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| [HAMSTRINGS]Exercise  | Sets | Reps | Weight | Time | Rest period |
| Stiff legged dead lifts | 12345 | 151512108 |  |  |  |
| 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) | 123 | 151210 |  |  |  |
| Lying leg curls (Last set is a drop set\*) | 123456 | 2015151212[8, 10, 15] |  |  |  |

Optional:

* 5 Minutes slow bike ride/jog.

Stretching:

* Stretch the lower body for 15 – 20 minutes