

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