Kai greene Leg Workout

Workout Log

**Start Date:**

**My Stats:**

Name:

Age:

Weight:

Bf%:

Workout Duration:

Warm up:

* 5 minutes on skipping/running to warm up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| **SUPERSET:** |
| Glute Kick Backs | 123 | 202020 |  |  |  |
| Hip Abductors | 123 | 202020 |  |  |  |
| **SUPERSET:** |
| Jefferson Squats | 123 | 202020 |  |  |  |
| Hip Abductors | 123 | 202020 |  |  |  |
|  |
| Leg Curls | 123 | 202020 |  |  |  |
| **SUPERSET:** |
| Calf Press | 123 | 202020 |  |  |  |
| Seated Calf Raise | 123 | 202020 |  |  |  |
|  |
| Deadlifts (MAX) | 1234 |  |  |  |  |
| Leg Curl | 123 | 202020 |  |  |  |
| Leg Extensions | 123456 | 202020202020 |  |  |  |
| Squats | 12345 | 2020202020 |  |  |  |

Cool Down:

* 20 minutes stretching and meditation