

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	1	20			
	2	20			
	3	20			
Hip Abductors	1	20			
	2	20			
	3	20			
SUPERSET:					
Jefferson Squats	1	20			
	2	20			
	3	20			
Hip Abductors	1	20			
	2	20			
	3	20			
Leg Curls	1	20			
	2	20			
	3	20			
SUPERSET:					
Calf Press	1	20			
	2	20			
	3	20			
Seated Calf Raise	1	20			
	2	20			
	3	20			

Deadlifts (MAX)	1 2 3 4				
Leg Curl	1 2 3	20 20 20			
Leg Extensions	1 2 3 4 5 6	20 20 20 20 20 20			
Squats	1 2 3 4 5	20 20 20 20 20			

Cool Down:

- 20 minutes stretching and meditation