

WORKOUT LOG

Start Date:

My Stats

Name:
 Age:
 Weight:
 Bf%:

Exercise	Sets	Reps	Weight	Time	Rest period
1. 100 body weight walking lunges					
2. SUPERSET:					
Front squats	1	25			
	2	25			
	3	25			
	4	25			
Straight single leg deadlift with a dumbbell	1	25			
	2	25			
	3	25			
	4	25			
3. SUPERSET: (keep the intensity high and only rest 30-60 secs between sets)					
Jump squats	1	20			
	2	20			
	3	20			
	4	20			
Goblet squats	1	15			
	2	15			
	3	15			
	4	15			
4. SUPERSET:					
Seated hamstring curls	1	30			
	2	30			
	3	30			
	4	30			
Split jumps	1	15			
	2	15			
	3	15			
	4	15			
5. Leg lying hamstring curls (10 each leg, 10 both legs) (40 secs rest between sets)	1	10 x 10			
	2	10 x 10			
	3	10 x 10			

	4	10 x 10			
6. SUPERSET:					
Standing calf raises	1 2 3 4 5	20 20 20 20 20			
Donkey calf raises (very heavy)	1 2 3 4 5	10 10 10 10 10			
7. Seated calf raises	1 2 3 4	20 (light) 10 (heavy) 20 10			