

HIGH INTENSITY BODY WEIGHT LEG WORKOUT
 FOCUS: GLUTES AND HAMSTRINGS
WORKOUT LOG



Start Date:

My Stats

Name:

Age:

Weight:

Bf%:

Warm up:

- 5 minutes skipping/running to warm up.

Exercise	Sets	Reps	(Weight)	Time	Rest period
Jump squats	1 2 3 4	12 12 10 10			
Jump lunges	1 2 3 4	10 8 8 6			
Walking lunges with kickback	1 2 3 4	15 12 10 8			
Sprints	1 2 3		Distance:		
TRISSET:					
Bridge with 2 second hold and squeeze at the top	1 2 3	10 10 10			
Reverse Lying Leg Raise	1 2 3	10 10 10			
Donkey Kickbacks	1 2 3	10 10 10			

Cool Down:

- 20 minutes stretching and meditation