[](http://www.fitnish.com)Gym Leg Workout

Focus: GLutes And Hamstrings

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Warm up:

* 5 minutes on skipping/running to warm up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| Leg extensions | 1  2  3  4 | 20  15  12  8 |  |  |  |
| Front squats | 1  2  3 | 15  12  10 |  |  |  |
| Squats | 1  2  3  4 | 12  10  8  6 |  |  |  |
| Leg press (Feet placed high up on the apparatus) | 1  2  3  4 | 12  10  8  6 |  |  |  |
| **SUPERSET:** | | | | | |
| [Bridge](http://www.bodybuilding.com/exercises/detail/view/name/butt-lift-bridge) (Optional to add weight to your lap) | 1  2  3  4  1  2  3  4 | 15  15  10  10  15  15  10  10 |  |  |  |
| Stiff - legged deadlifts |  |  |  |
| Walking Lunges with kickback (Optional to add weight to your back) | 1  2  3 | 12  10  8 |  |  |  |

Cool Down:

* 20 minutes stretching and meditation