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 | 1234 | 2015128 |  |  |  |
| Front squats  | 123 | 151210 |  |  |  |
| Squats | 1234 | 121086 |  |  |  |
| Leg press (Feet placed high up on the apparatus) | 1234 | 121086 |  |  |  |
| **SUPERSET:** |
| [Bridge](http://www.bodybuilding.com/exercises/detail/view/name/butt-lift-bridge) (Optional to add weight to your lap) | 12341234 | 1515101015151010 |  |  |  |
| Stiff - legged deadlifts |  |  |  |
| Walking Lunges with kickback (Optional to add weight to your back) | 123 | 12108 |  |  |  |

Cool Down:

* 20 minutes stretching and meditation