

**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 (Optional to add weight to your lap)	1 2 3 4	15 15 10 10			
Stiff - legged deadlifts	1 2 3 4	15 15 10 10			
Walking Lunges with kickback (Optional to add weight to your back)	1 2 3	12 10 8			

Cool Down:

- 20 minutes stretching and meditation