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

Workout Log

**Start Date:**

**My Stats:**

Name:

Age:

Weight:

Bf%:

Workout Duration:

Warm up:

* 5 minutes on skipping/running to warm up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| **SUPERSET:** | | | | | |
| Glute Kick Backs | 1  2  3 | 20  20  20 |  |  |  |
| Hip Abductors | 1  2  3 | 20  20  20 |  |  |  |
| **SUPERSET:** | | | | | |
| Jefferson Squats | 1  2  3 | 20  20  20 |  |  |  |
| Hip Abductors | 1  2  3 | 20  20  20 |  |  |  |
|  | | | | | |
| Leg Curls | 1  2  3 | 20  20  20 |  |  |  |
| **SUPERSET:** | | | | | |
| Calf Press | 1  2  3 | 20  20  20 |  |  |  |
| Seated Calf Raise | 1  2  3 | 20  20  20 |  |  |  |
|  | | | | | |
| Deadlifts (MAX) | 1  2  3  4 |  |  |  |  |
| Leg Curl | 1  2  3 | 20  20  20 |  |  |  |
| Leg Extensions | 1  2  3  4  5  6 | 20  20  20  20  20  20 |  |  |  |
| Squats | 1  2  3  4  5 | 20  20  20  20  20 |  |  |  |

Cool Down:

* 20 minutes stretching and meditation