

## WORKOUT LOG

**Start Date:**

### My Stats

Name:  
 Age:  
 Weight:  
 Bf%:

### Warm Up:

- 800m run around the track

Exercise	Sets	Reps	Weight	Time	Rest period
<b>1. TRISET:</b>					
Back squats	1	20			
	2	20			
	3	20			
	4	20			
	5	20			
Straight leg deadlifts	1	20			
	2	20			
	3	20			
	4	20			
	5	20			
Body weight walking lunges	1	50			
	2	50			
	3	50			
	4	50			
	5	50			
<b>2. TRISET:</b> (Do these one after the other in the same weight)					
Reverse lunges on smith machine	1	15			
	2	15			
	3	15			
	4	15			
Standing calf raises on smith machine	1	30			
	2	30			
	3	30			
	4	30			
Sumo squats on the smith machine	1	10			
	2	10			
	3	10			
	4	10			
<b>3. QUADRUPLE SET:</b>					

Single leg leg extensions	1 2 3 4	15 15 15 15			
Double leg extensions	1 2 3 4	20 20 20 20			
Squat and kick back with a light barbell (10 kick backs per leg)	1 2 3 4	10 10 10 10			
Quick squats with the barbell	1 2 3 4	15 15 15 15			
<b>4. SUPERSET:</b>					
Hamstring curls (20 light and 10 heavy straight after each other )	1 2 3	20 + 10 20 + 10 20 + 10			
Abductors (20 light and 10 heavy straight after each other)	1 2 3	20 + 10 20 + 10 20 + 10			
<b>5. TRISET:</b>					
Kick backs on kick back machine (gluteus)	1 2 3	15 15 15			
Wide leg press	1 2 3	15 15 15			
Narrow stance leg press	1 2 3	15 15 15			

- 40 minutes of cardio | 20 minutes step and 20 minutes incline walking.