Monique lopes'

QUADS – HAMSTRINGS - CALVES

muscle building & fat burning

leg workout

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| 1. 100 body weight walking lunges | | | | | |
| **2. SUPERSET:** | | | | | |
| Front squats | 1  2  3  4 | 25  25  25  25 |  |  |  |
| Straight single leg deadlift with a dumbbell | 1  2  3  4 | 25  25  25  25 |  |  |  |
| **3. SUPERSET:** (keep the intensity high and only rest 30-60 secs between sets) | | | | | |
| Jump squats | 1  2  3  4 | 20  20  20  20 |  |  |  |
| Goblet squats | 1  2  3  4 | 15  15  15  15 |  |  |  |
| **4. SUPERSET:** | | | | | |
| Seated hamstring curls | 1  2  3  4 | 30  30  30  30 |  |  |  |
| Split jumps | 1  2  3  4 | 15  15  15  15 |  |  |  |
| 5. Leg lying hamstring curls  (10 each leg, 10 both legs)  (40 secs rest between sets) | 1  2  3  4 | 10 x 10  10 x 10  10 x 10  10 x 10 |  |  |  |
| **6. SUPERSET:** | | | | | |
| Standing calf raises | 1  2  3  4  5 | 20  20  20  20  20 |  |  |  |
| Donkey calf raises  (very heavy) | 1  2  3  4  5 | 10  10  10  10  10 |  |  |  |
| 7. Seated calf raises | 1  2  3  4 | 20 (light)  10 (heavy)  20  10 |  |  |  |