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 | 1234 | 25252525 |  |  |  |
| Straight single leg deadlift with a dumbbell | 1234 | 25252525 |  |  |  |
| **3. SUPERSET:** (keep the intensity high and only rest 30-60 secs between sets) |
| Jump squats  | 1234 | 20202020 |  |  |  |
| Goblet squats  | 1234 | 15151515 |  |  |  |
| **4. SUPERSET:**  |
| Seated hamstring curls  | 1234 | 30303030 |  |  |  |
| Split jumps | 1234 | 15151515 |  |  |  |
| 5. Leg lying hamstring curls(10 each leg, 10 both legs)(40 secs rest between sets) | 1234 | 10 x 1010 x 1010 x 1010 x 10 |  |  |  |
| **6. SUPERSET:** |
| Standing calf raises | 12345 | 2020202020 |  |  |  |
| Donkey calf raises(very heavy) | 12345 | 1010101010 |  |  |  |
| 7. Seated calf raises | 1234 | 20 (light)10 (heavy)2010 |  |  |  |