Monique lopes muscle building

leg workout

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Warm Up:

* 15 Minute cycle level 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| **1. TRISET:** |
| Lunges | 12345 | 2020202020 |  |  |  |
| Lying down hamstring curls | 12345 | 2020202020 |  |  |  |
| Leg extensions | 12345 | 2020202020 |  |  |  |
| **2. SUPERSET:** |
| Dumbbell straight legged deadlifts(as heavy as possible) | 12345 | 1010101010 |  |  |  |
| Leg press (as heavy as possible) | 12345 | 1212121212 |  |  |  |
| **3. QUADRUPLE SET:** |
| Glute kickbacks on leg extension machine (per leg, as heavy as possible)  | 12345 | 1212121212 |  |  |  |
| Goblet squats | 12345 | 2020202020 |  |  |  |
| Goblet squat holds (5 second hold at the bottom)  | 12345 | 55555 |  |  |  |
| Weighted hip bridges  | 12345 | 3030303030 |  |  |  |
| 4. Standing calf raises(10 slow, 10 fast, 10 slow = 1 set ) (as heavy as possible) | 12345 | 10x10x1010x10x1010x10x1010x10x1010x10x10 |  |  |  |

Cool Down:

* 5 Minutes Stretching