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 | 1  2  3  4  5 | 20  20  20  20  20 |  |  |  |
| Lying down hamstring curls | 1  2  3  4  5 | 20  20  20  20  20 |  |  |  |
| Leg extensions | 1  2  3  4  5 | 20  20  20  20  20 |  |  |  |
| **2. SUPERSET:** | | | | | |
| Dumbbell straight legged deadlifts  (as heavy as possible) | 1  2  3  4  5 | 10  10  10  10  10 |  |  |  |
| Leg press  (as heavy as possible) | 1  2  3  4  5 | 12  12  12  12  12 |  |  |  |
| **3. QUADRUPLE SET:** | | | | | |
| Glute kickbacks on leg extension machine  (per leg, as heavy as possible) | 1  2  3  4  5 | 12  12  12  12  12 |  |  |  |
| Goblet squats | 1  2  3  4  5 | 20  20  20  20  20 |  |  |  |
| Goblet squat holds  (5 second hold at the bottom) | 1  2  3  4  5 | 5  5  5  5  5 |  |  |  |
| Weighted hip bridges | 1  2  3  4  5 | 30  30  30  30  30 |  |  |  |
| 4. Standing calf raises  (10 slow, 10 fast, 10 slow =  1 set )  (as heavy as possible) | 1  2  3  4  5 | 10x10x10  10x10x1010x10x1010x10x1010x10x10 |  |  |  |

Cool Down:

* 5 Minutes Stretching