

## WORKOUT LOG

**Start Date:**

### My Stats

Name:

Age:

Weight:

Bf%:

**Warm Up:**

- 15 Minute cycle level 4

Exercise	Sets	Reps	Weight	Time	Rest period
<b>1. TRISET:</b>					
Lunges	1	20			
	2	20			
	3	20			
	4	20			
	5	20			
Lying down hamstring curls	1	20			
	2	20			
	3	20			
	4	20			
	5	20			
Leg extensions	1	20			
	2	20			
	3	20			
	4	20			
	5	20			
<b>2. SUPERSET:</b>					
Dumbbell straight legged deadlifts (as heavy as possible)	1	10			
	2	10			
	3	10			
	4	10			
	5	10			
Leg press (as heavy as possible)	1	12			
	2	12			
	3	12			
	4	12			
	5	12			
<b>3. QUADRUPLE SET:</b>					
Glute kickbacks on leg extension machine (per leg, as heavy as possible)	1	12			
	2	12			
	3	12			
	4	12			

	5	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 10x10x10 10x10x10 10x10x10 10x10x10			

**Cool Down:**

- 5 Minutes Stretching