



Olivia Burgess's Workout Log - Bodybuilding.com

Thursday: Legs And Calves

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO _____ EXERCISE _____ DURATION _____

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squats: 4 sets of 8-10 reps				
Hack Squat: 4 sets of 8-10 reps				
Leg Press: 4 sets of 8-10 reps				
Lying Leg Curl: 4 sets of 8-10 reps				
Leg Extensions: 4 sets of 8-10 reps				
Seated Leg Curl: 4 sets of 8-10 reps				
Barbell Lunges: 4 sets of 8-10 reps				
Seated Calf Raises: 4 sets of 8-10 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Back to the [Printable Logs Main Page](#).