



Cath McGillivray's Workout Log - Bodybuilding.com

Day 4: Hamstrings 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	Set #5
Stiff-Legged Deadlift: 3 sets of 10-12 reps					
Standing Leg Curls: 3 sets of 10 reps					
Seated Leg Curls: 5 sets of 10 reps					
Reverse Lunges: 5 sets of 10 reps					
Lying Leg Curls: 2 sets of 10 reps (drop sets)					
Standing Calf Raises: 2 sets of 10 reps					
Leg Press Calf Raises: 5 sets of 10 reps					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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