



Mike O'Hearn's Power Bodybuilding: Leg Workout
www.bodybuilding.com/fun/mike-ohearn/power-bodybuilding/leg-workout.html

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

CARDIO TODAY: YES NO
 _____ EXERCISE _____ DURATION _____

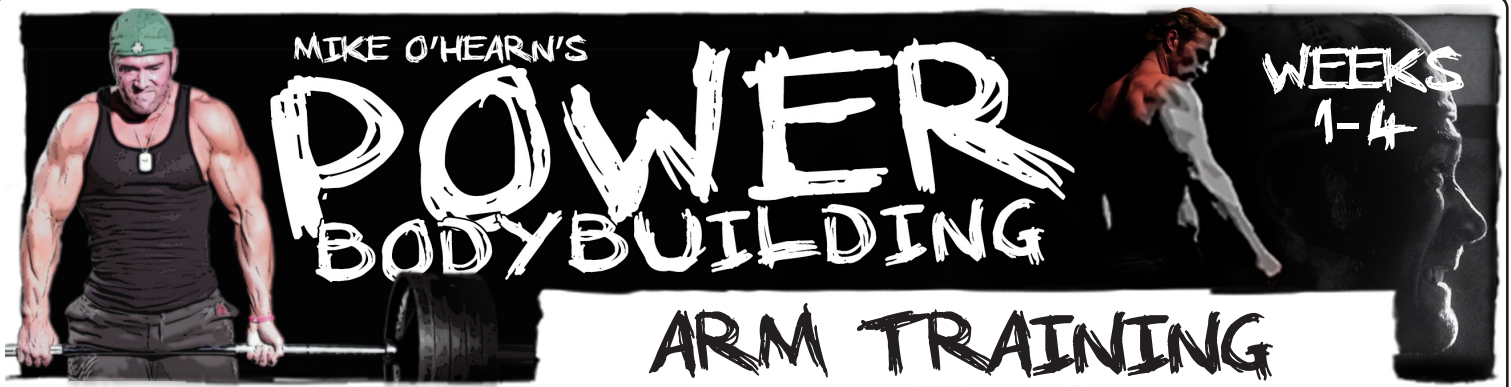
LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

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 lbs for 10 reps, you would write "100 x 10". The grey boxes below are not used.

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
Squat (warm-up) low weight	1-3								
Squat (working set) 70%, heavy weight	5	4							
Leg press heavy weight	5	10							
Leg extention heavy weight	3	8							

NOTES



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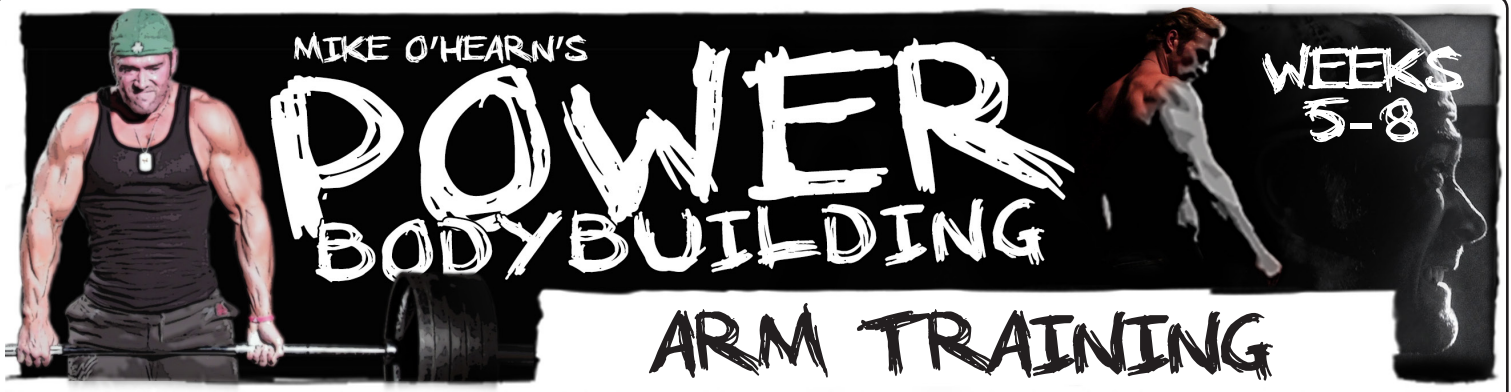
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Straight bar curls	3	8-12							
Seated dumbbell curls	3	8-12							
Preacher curls	3	8-12							
Lying tricep extensions	4	8-12							
Tricep push downs	4	8-12							
Incline dumbbell extensions	4	8-12							

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