



Mike O'Hearn's Power Bodybuilding: Leg Workout  
[www.bodybuilding.com/fun/mike-ohearn/power-bodybuilding/leg-workout.html](http://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) heavy weight	7	3							
Leg press heavy weight	5	10							
Leg extention heavy weight	3	8							

**NOTES**

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