## Phase 1 Accumulation/Aerobic Block's Workout Log - Bodybuilding.com

### Week 4, Day 1: Lower Body

**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.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
<th>Set #4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ab roll-out: 3 sets of 10 reps, rest 60 sec.</td>
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<tr>
<td>Front squat: 3 sets of 5 reps, 75% of week 3 rest 90 sec.</td>
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<tr>
<td>Glute-ham raise: 3 sets of 10-15 reps per leg, rest 30 sec.</td>
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<tr>
<td>Jump squat: 3 sets of 5 reps, rest 90 sec.</td>
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<td>Paired set:</td>
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<td>Triset:</td>
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</tbody>
</table>
Walking lunge: 3 sets of 15 reps per leg, rest 30 sec.

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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