



Still In It's Workout Log - Bodybuilding.com

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.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Activation sets: superset the following, focus on the stretch and squeeze of the muscles. Use light					
Romanian Deadlift: 2 sets of 20 reps (try elevating toes on 10lb plates to enhance stretch and proper hip positioning)					
Butt Lift (Bridge): 2 sets of 15-20 reps					

Romanian Deadlift: 5 sets of 5-6 reps, with a 2 second pause at the bottom. Rest 60 seconds rest between sets					
Rear Foot Elevated Split Squat: 5 sets of 5-6 reps, with a 2 second pause at the bottom. Rest 60 seconds rest between sets					
Superset:					
Lateral Lunge: 4 sets of 8 reps each side					
Barbell Hip Thrust: 4 sets of 8 reps					
45-60 seconds of rest between sets					
Superset:					
Kettlebell Sumo Squat: 4 sets of 8 reps					
Standing Leg Curl: 4 sets of 8 reps each leg					
Finisher:					
High Knees: 4 sets of 30 seconds, 30 second rest					
Jump Squats: 4 sets of 30 seconds, 30 second rest					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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