



## 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					

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

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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