



Samantha Bowman's Workout Log - Bodybuilding.com

Legs

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 |
|---|---------------|---------------|---------------|---------------|
| Barbell squat: 4 sets of 15 reps | | | | |
| Good morning: 3 sets of 8 reps | | | | |
| Barbell deadlift: 3 sets of 8 reps | | | | |
| Barbell glute bridge: 4 sets of 8 reps | | | | |
| Single-leg side leg press: 4 sets of 10 reps | | | | |
| Single-leg leg extension: 4 sets of 10 reps | | | | |
| Seated leg curl: 4 sets of 10 reps | | | | |
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| Calf raise: 4 sets of 20 reps | | | | |
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TRAINING, NUTRITION & SUPPLEMENT NOTES:

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