



Ryan Pitts'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 | Set #5 |
|--|--------|--------|--------|--------|--------|
| Barbell squat: 5 sets of 6-12 reps | | | | | |
| Leg press: 4 sets of 8-12 reps | | | | | |
| Walking lunge: 4 sets of 10 reps | | | | | |
| Leg extension: 3 sets of 8-12 reps | | | | | |
| Stiff-legged deadlift: 3 sets of 8-12 reps | | | | | |
| Lying hamstring curl: 4 sets of 8-12 reps | | | | | |
| Standing calf raise: 4 sets of 8-20 reps | | | | | |
| Seated calf raise: 4 sets of 8-20 reps | | | | | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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