



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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