



## 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
Elliptical: 10 min. warm-up				
Dumbbell squat: 4 sets of 12 reps				
Narrow-stance hack squat: 4 sets of 10 reps				
Stiff-legged deadlift: 4 sets of 8 reps				
Superset:				
Leg extension: 4 sets to failure, with at least one dropset				
Lying leg curl: 4 sets to failure, with at least one dropset				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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