



TESTOSTERONE-BOOSTING WORKOUT PROGRAM's Workout Log - Bodybuilding.com

Leg Workout

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
Jump squat: 5 sets of 10 reps					
Lunge: 3 sets of 6-10 per side					
Kettlebell swing: 3 sets of 6-8 reps					
Calf raise: 3 sets of 10 reps					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Back to the [Printable Logs Main Page](#).