



## 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:

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