



Cath McGillivray's Workout Log - Bodybuilding.com

Day 2: Quads

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 |
|-----------------------------------|--------|--------|--------|--------|--------|
| Leg Extensions: 3 sets of 15 reps | | | | | |
| Leg Press: 3 sets of 10 reps | | | | | |
| Machine Squat: 3 sets of 10 reps | | | | | |
| Hack Squat: 5 sets of 10 reps | | | | | |
| Reverse Lunges: 5 sets of 10 reps | | | | | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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