



## Josh Bryant's Workout Log - Bodybuilding.com

### All-Around Leg Assault

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	Set #6	Set #7	Set #8	Set #9	Set #10	Set #11	Set #12	Set #13	Set #14	Set #15
Sled pull: 6-8 reps of 20 yards, rest 60-90 sec.															
Leg curl cluster set: 4 min. of 3 reps, 15 sec. rest, 2-sec. eccentric on each rep															
Romanian deadlift: 3-4 sets of 6 reps, rest 60-90 sec., 2-3-sec. eccentric on each rep															

<b>Barbell walking lunge: 3-4 sets of approximately 20 yards or 8-10 steps per leg, rest 60-90</b>															
<b>Bodyweight squat: 15 sets of 15, 1, 14, 2, 13, 3, 12, 4, 11, 5, 10, 6, 9, 7, 8 reps</b>															

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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