



Intermediate Training Program's Workout Log - Bodybuilding.com

Day 2: 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 |
|--|--------|--------|--------|
| Squats: 3 sets of 8-10 reps | | | |
| Leg Press: 2 sets of 8-10 | | | |
| Stiff Leg Deadlift: 2 sets of 12-15 reps | | | |
| Leg Curl: 2 sets of 8-10 reps | | | |
| Standing Calf Raise: 2 sets of 8-12 reps | | | |
| Seated Calf Raise: 2 sets of 8-12 reps | | | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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