



Jamie Eason's Workout Log - Bodybuilding.com

Legs and abs

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
Weighted bridge: 3 sets of 6-8 reps			
Barbell lunge: 3 sets of 8-10 reps per leg			
Leg extension: 3 sets of 8-12 reps per leg			
Hamstring curl: 3 sets of 8-12 reps per leg			
Weighted single-leg squat to bench: 2 sets of 8-10 reps per leg			
Leg press: 3 sets of 8-12 reps			
Jump squat: 3 sets of 12-15 reps			
Standing calf raise: 3 sets of 8-12 reps			
Seated calf raise: 3 sets of 8-12 reps			

Medicine-ball sit-up: 3 sets of 10-12 reps			
Exercise-ball roll-out: 3 sets of 8-10 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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