

Bodybuilding.com's Workout Log

Day 2 - Legs (Tuesday/Friday)

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
Squats - 10-12 reps				
Lying Leg Curls - 10-12 reps				
Wide Stance Squats - 10-12 reps				
Standing Leg Curls - 10-12 reps				
Adductor Machine - 12-15 reps				
Adductor Machine - 12-15 reps				
Calf Press - 15-20 reps				
Seated Calf Raises - 15-20 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Be sure to go back to <http://www.bodybuilding.com> to print more workout logs when needed! Also, don't forget that Bodybuilding.com has the largest selection, the fastest and cheapest shipping, the most info, and the lowest prices in the world for the bodybuilding products you need.