

TUESDAY: LEGS, ABS

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed.
If you did 12 pounds for 10 reps, you would write "12 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3
Dumbbell Squats 12-12-10 R			
Abs: Leg Raises - 12-12-10 R			
Seated Calf Raises 8-12 Reps			
Abs: Side Bends - 30 Reps			
Dumbbell Lunges 12-10 R.			
Abs: Seated Leg Pull-ins 12-10			
Standing Calf Leg Raises 8-12			
Iron Cross 12-10-10 R			
Abs: Crunches 15-15-12 Reps			
Plie Dumbbell Squat 12-12-10			
Abs: Reverse Crunches 15x3			
Other:			

Workout Location: _____

Mood When Starting: _____

Cardio Today? Circle One: **YES** **NO** Length: _____

TreadMill: Time _____ MPH _____ Total Miles _____ Difficulty: Easy ~ Med ~Hard

Biking : Time _____ MPH _____ Total Miles _____ Difficulty: Easy ~ Med ~Hard

Other Cardio: _____

Comments: