

FRIDAY: HAMSTRINGS, QUADS, BACK

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 Lunge 12-10-10			
Standing Leg Curl/ Ankle Weights 12-10-10			
Barbell Dead Lift 12-10-10			
Iron Cross 8-10 Reps			
Hyperextensions 8-10 Reps			
Stiff leg Barbell Good Morning 12-10-10			
Superman 8-8			
Cuban Press 8-10 Reps			
Dumbbell Step-Ups 12-10			
1-arm Dumbbell Row 12-10			

Workout Location: _____

Mood When Starting: _____

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

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

Other Cardio: _____

Comments: