

A Week of Hard Labor - Legs

Fitness | Nutrition | Support



YourFitnessPath.com

Start Time		Finish Time		Month	
Aerobic		Time		Level	
				Day	
				Year	

How The Workout Went	Bad	Ok	Good	Great	
				Weight	
				Day	

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Squat/Lunge Matrix	Squat Sequence	Reps					
		Weight					
	Side Step Squat	Reps					
		Weight					
	Reverse Lunge	Reps					
		Weight					
	Step Squat	Reps					
	Weight						
Giant Set	Front Lunge	Reps					
		Weight					
	Calf Raises	Reps					
		Weight					
Giant Set	Pistol Squat	Reps					
		Weight					
	Bulgarian Squat	Reps					
		Weight					
	Front Lunge	Reps					
	Weight						
Giant Set	Goblet Sumo Squat (slow)	Reps					
		Weight					
	Goblet Sumo Squat (quick)	Reps					
		Weight					
	V Stiff Leg	Reps					
	Weight						
	Reps						
	Weight						
	Reps						
	Weight						