



## Beginner Leg Training Guide's Workout Log - Bodybuilding.com

### Sample Workout 1

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
Barbell Full Squats: 4 Sets Of 4-6 Reps				
Dumbbell Lunge: 4 Sets Of 12 Reps Each Leg				
Leg Press: 3 Sets Of 12-15 Reps				
Lying Leg Curl: 3 Sets Of 12 Reps				
Leg Extensions: 3 Sets Of 20 Reps				
Standing Calf Raises: 4 Sets Of 12 Reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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