



## Christian Guzman's Workout Log - Bodybuilding.com

Legs

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	Set #5	Set #6
Squat: 3 sets of 5 reps						
Leg press: 4 sets of 12-15 reps						
Standing calf raise: 6 sets of 6-8 reps						
Seated calf raise: 4 sets of 12-15 reps						
Superset:						
Hamstring curl: 3 sets of 12 reps						
Leg extension: 3 sets of 12 reps						
Walking lunge: 3 sets of 12-15 reps per leg						

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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