

		PLAN				ACTUAL			
Date:		Planned Start Time:				Actual Start Time:			
Weight: _____ lbs		Planned End Time:				Actual End Time:			
Lower Body Workout		Time to Complete: 42 minutes				Total Time:			
Lower Body Muscle Groups	Exercise	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Quads		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
	High Point			0	9				
		12		2	10				
Hamstrings		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
	High Point			0	9				
		12		2	10				
Wrists		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
	High Point			0	9				
		12		2	10				
Abs				1	5				
		10		1	6				
		8		1	7				
		6		1	8				
	High Point			0	9				
		12		2	10				
Quads	Leg Ext. w/ Twist	25							
		25							
		25							
	Leg Tog. (P) Machine	25							
		25							
		25							
	Straight Leg Raise	20							
		20							
		20							
	Wall Squat w/ Ball	10	10s						
10		10s							
10		10s							
Hamstrings	Leg Curl Machine	10							
		10							
		10							

NOTES
