

Day 1 - LEGS



Pre-workout Feelings

How did you sleep last night?

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? _____/10

Do you feel tightness/soreness anywhere? _____

RESISTANCE

Exercise	Sets	Reps	Equipment	Intensity	Rest
Romanian Deadlifts	3	15	Barbell	10-25lbs each side	60 sec
Seated Leg Extensions	3	15	Life Fitness Leg Extension	50-75lbs	None
Lying Leg Curl	3	15	Life Fitness Leg Curl	20-45lbs	None
Walking Lunges	3	10 steps out 10 steps back	Dumbbells	15-30lbs	45 sec

CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

NOTES
