

Day 8 - LEG Circuit



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
Wide stance Romanian Deadlifts	3	15	Barbell	hard	None
Wide Bottom-half Weighted Squat	3	30	Plate/ Dumbbell	hard	None
Jumping Lunges on Step	3	20	Step or use curb	moderate	45sec
Back Squat	3	10	Barbell/squat rack	hard	None
Bulgarian Split Squat	3	10 each side	Dumbbell & Step	moderate	None
Glute Raises on Bench	3	10	Dumbbell or bar & bench	hard	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

