

1-Week Leg Routine #1 (Beginner)

Date: _____ Time Started: _____ Warm-up/Stretch
 Weight: _____ Time Finished: _____ Cooldown/Stretch

EXERCISE	Weight (lbs.)	Reps	Notes
Seated Leg Press			
SET 1		10	Rest for 45 seconds between each set.
SET 2		10	
Leg Extensions			
SET 1		10	Rest for 45 seconds between each set.
SET 2		10	
Leg Curls			
SET 1		10	Rest for 45 seconds between each set.
SET 2		10	
Standing Calf-Raises			
SET 1		10	Rest for 45 seconds between each set.
SET 2		10	
SET 3		10	
NOTES			

Cardio: _____ Time: _____ Calories burned: _____
 Cardio: _____ Time: _____ Calories burned: _____

Supplements Used

1-Week Leg Routine #2 (Beginner)

Date: _____ Time Started: _____ Warm-up/Stretch
 Weight: _____ Time Finished: _____ Cooldown/Stretch

EXERCISE	Weight (lbs.)	Reps	Notes
Seated Leg Press			
SET 1		15	Rest for 1 1/2 minute between each set.
SET 2		20	
Leg Extensions			
SET 1		12	Rest for 1 1/2 minute between each set.
SET 2		20	
Leg Curls			
SET 1		12	Rest for 1 1/2 minute between each set.
SET 2		12	
Standing Calf-Raises			
SET 1		15	Rest for 1 1/2 minute between each set.
SET 2		20	
SET 3		12	
NOTES			
Use lighter weights for this routine, as reps are higher and may be difficult to perform using the same weights as routine #1.			

Cardio: _____ Time: _____ Calories burned: _____
 Cardio: _____ Time: _____ Calories burned: _____

Supplements Used
