



Bodybuilding.com's Workout Log

Hip Extension Day

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
Superset #1: Seated Calf Raises - 6-10 reps			
Superset #1: Deadlifts - 6-10 reps			
Superset #2: Standing Calf Raises - 8-12 reps			
Superset #2: Leg Curls - 8-12 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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