

Drop SET TRAINING Lower Body Workout

Name _____

Instructions: Choose your workout type. Perform a drop set workout by taking each set to failure then decreasing your next set by 5-10%.

Circle ONE Mass or Tone 70%+ 45%+	Date:	Date:	Date:	Date:
Squat 1RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Leg Press 1RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Leg Curl 3RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Leg Extension 1RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Alternating Lunges 10RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Stiff Leg Dead Lifts 10RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
_____ 10RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
_____ 1RM _____	___ x _____ Weight: _-_- -_- -_-	___ x _____ Weight: _-_- -_- -_-	___ x _____ Weight: _-_- -_- -_-	___ x _____ Weight: _-_- -_- -_-
Instructor signature				

Core Training: Treat all core training like tone and definition Training

Exercises:	Date:	Date:	Date:	Date:	Date:
Core: Decline	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
Core: Plank	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
Core: Curl	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
Core: Abs Machine	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
Instructor signature					