

# SPLIT SET TRAINING Lower Body Workout Name \_\_\_\_\_

**Instructions:** Choose your workout type then label the sets and reps based on your training style.

<b>Circle ONE</b> Mass or Definition 70-85%      45%-65%	Date:	Date:	Date:	Date:
<b>Squat</b>  1RM _____	___ X ___ Sets    Reps Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Leg Extension</b>  1RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Leg Curl</b>  10RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Leg Press</b>  3RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Dead Lift</b>  3RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Lunges</b>  1RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
_____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
_____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Instructor signature</b>				

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

Exercises:	Date:	Date:	Date:	Date:	Date:
<b>Core: Decline</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Plank</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Curl</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Abs Machine</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Instructor signature</b>					