

# Super Set Leg Training Pt. 1

Name \_\_\_\_\_

*Instructions: The Objective for this phase is to perform Chest Exercises. All Tasks must be signed off by the instructor*

Exercises type: _____	Date: _____	Date: _____	Date: _____	Date: _____
<b>Barbell Squat</b>  1RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Wide Leg Barbell Squat</b>  1RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Stagger Step left Barbell Squat</b>  10RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Stagger Step Right Barbell Squat</b>  3 RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Leg Extension</b>  3RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Leg Curl</b>  3RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Leg Press</b>  3RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Stiff Leg Dead lift</b>  3RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Alternating Barbell Lunges</b>  1RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
_____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Instructor signature</b>				

