

# Super Set Leg Training

Name \_\_\_\_\_

**Part 2- Instructions:** Perform multiple exercises in split set format for one body part. All Tasks must be signed off by the instructor

Exercises type: _____	Date: _____	Date: _____	Date: _____	Date: _____
<b>Dumbbell Frontal Squat</b> 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Dumbbell Sumo Squat</b> 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Dumbbell Romanian Dead Lift</b> 10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Dumbbell Box Step-ups</b> 3 RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Single Leg Extension (left and right)</b> 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Sing Leg Curl(left and right)</b> 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Single Leg Press (left and right)</b> 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Dumbbell Side lunges</b> 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Dumbbell Walking Lunges</b> 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
<b>Leg Flexor (front and back)</b> 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Instructor signature				

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