

WORKOUT LOG

Lower Body No Equipment Bodyweight Workout

Date : _____ Total Workout Time : _____

Strength Training	Set : 1		Set : 2		Set : 3		Notes
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
Squats							
Lunges							
Deadlifts							
Hip Thrusts/Bridges							
Step Ups							
Calf Raises							
Donkey Kick/Fire Hydrant							
Leg Raises							

CARDIO	DURATION	SPEED	DISTANCE

Date : _____ Total Workout Time : _____

Strength Training	Set : 1		Set : 2		Set : 3		Notes
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
Squats							
Lunges							
Deadlifts							
Hip Thrusts/Bridges							
Step Ups							
Calf Raises							
Donkey Kick/Fire Hydrant							
Leg Raises							

CARDIO	DURATION	SPEED	DISTANCE