



Workout Routine Sample

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Barbell Workout Routine for Legs

Printed on Apr 27 2010

Workout Routine Snapshot

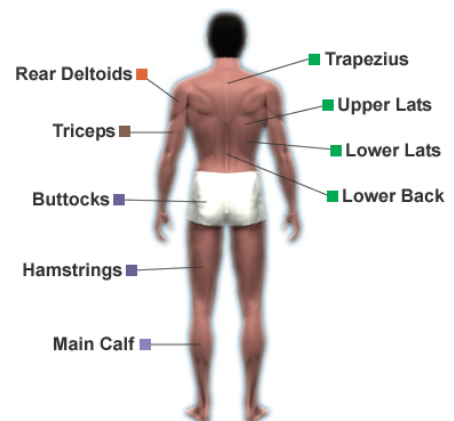
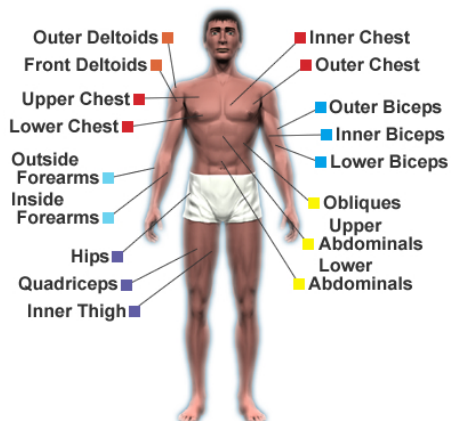
1 Workout Days

0 Cardio Exercises









4 Strength Training →

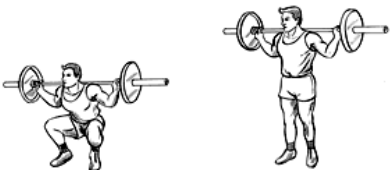

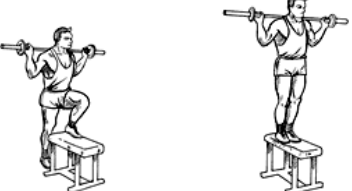

0 Stretching Exercises

4 ■ Thighs



Barbell Workout Routine for Legs - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Thighs Squat											
		3	6								
■ Thighs Front Lunge (Barbell)											
		3	6								
■ Thighs Step-Up (Barbell)											
		3	6								
■ Thighs Hack Squat - Wide-Stance											
		3	6								

	<p>■ Thighs Squat</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Place a barbell on top of your shoulders behind your neck and crouch down until your thighs are parallel to the ground.</p> <p>Motion Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Front Lunge (Barbell)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Stand up and place a barbell on top of your shoulders behind your neck.</p> <p>Motion Take a wide step forward so that your knee shows a 90 degree angle and slowly bring yourself back up after a short pause. Alternate feet between repetitions.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Step-Up (Barbell)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Hold a barbell behind your neck on top of your shoulders and place one foot on top of a bench in front of you.</p> <p>Motion Push up with your leg which is on the bench to stand up and slowly bring yourself back down after a short pause. Alternate feet between repetitions.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Hack Squat - Wide-Stance</p> <p>Secondary Muscles Inner Thigh, Buttocks, Quadriceps</p> <p>Starting Position Crouch down and hold a barbell below your buttocks, arms extended.</p> <p>Motion Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>