



Workout Routine Sample

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FitnessBliss.com

Gym Workout Routine for Legs

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Workout Routine Snapshot

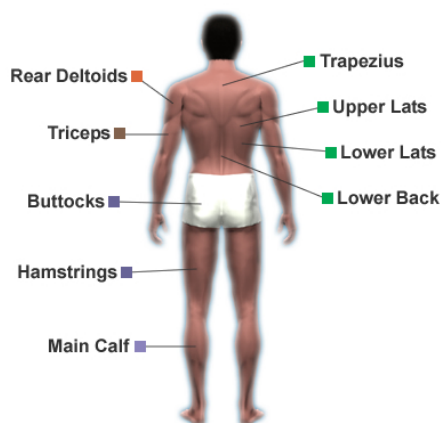
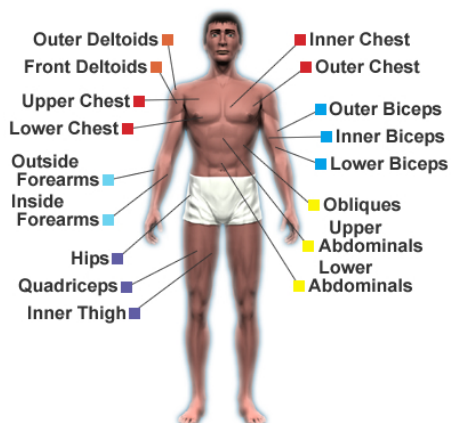
1 Workout Days

0 Cardio Exercises









4 Strength Training →

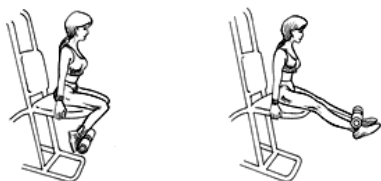
0 Stretching Exercises

4 ■ Thighs



Gym Workout Routine for Legs - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Thighs Leg Extension											
		3	6								
■ Thighs Leg Curl - Prone											
		3	6								
■ Thighs Leg Press (Gym Equipment) - Incline											
		3	6								
■ Thighs Hip Extension (Gym Equipment)											
		3	6								



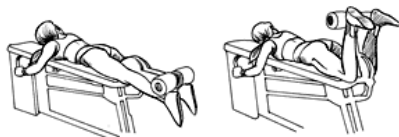
■ Thighs | Leg Extension

Secondary Muscles Quadriceps

Starting Position Sit down on the bench and position your ankles against the foot pads.

Motion Raise your feet by extending your legs and slowly lower them back down slowly after a pause.

Tips/Caution Keep your back straight throughout.



■ Thighs | Leg Curl - Prone

Secondary Muscles Hamstrings

Starting Position Lie prone on the bench and position your ankles against the foot pads.

Motion Raise your feet by pulling them back and up until your calves are perpendicular to the floor and lower them back down slowly after a short pause.

Tips/Caution Breathe out while pulling up and breathe in while releasing back.



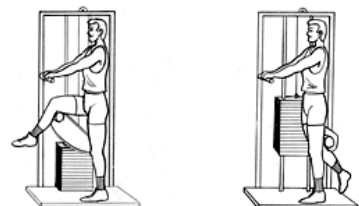
■ Thighs | Leg Press (Gym Equipment) - Incline

Secondary Muscles Buttocks, Quadriceps

Starting Position Lie down on the bench, hold the weight with your knees close to 90 degree angles and grab the provided handles with both hands.

Motion Push the weight stack by extending your legs and let it slowly swing back after a short pause.

Tips/Caution Breathe out when pushing out and breathe in when letting the weight stack swing back.



■ Thighs | Hip Extension (Gym Equipment)

Secondary Muscles Hamstrings, Buttocks

Starting Position Stand up so the structure is on your side, place your thigh closest to it on top of the thigh pad and hold the provided handles with your hands.

Motion Push your leg back until it is side by side with the other one and let the pad slowly swing back after a short pause. Alternate legs after a set.

Tips/Caution Keep your back straight throughout.