



# Workout planner

DATE: \_\_\_\_\_

MUSCLE GROUP: Leg Day: Quads

**RESISTANCE:** Dumbbells

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bulgarian Split Squats	3	10 reps			
Kneeling Leg Extension	3	10 reps			
Rest	3	45 seconds			
Heels Elevated Squats	3	12 reps			
Single Leg Extension	3	10 reps			
Duck Walk	3	25 seconds			
Rest	3	30 seconds			
Wallsit	2	30 seconds			
Rest	2	10 seconds			

## How To Perform The Workout

Perform the Bulgarian split squat and the kneeling leg extensions back to back without rest for the repetitions listed. Take a 45s rest and repeat for 3 rounds.

Perform the next three exercises back to back without rest. After the duck walk, rest for 30s before repeating for 3 rounds. Finish with the wall sits for thirty seconds with a ten-second rest between sets.

