

BananaSplitSquats

DATE:

TRAINING JOURNAL

WORKOUT NAME: Legs and Back

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	NOTES
	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	
	REPS	REPS	REPS	REPS	REPS	
Dumbbell Squats	bodyweight					Pick the stance you are most comfortable with
	15-20	12-15	12-15	12-15		
Bent Over Dumbbell Rows, Palms In						Row towards your hips; be sure not to stand up as you get tired
	12-15	12-15	12-15			
Bulgarian Split Squats						Sink as low to the ground as possible to increase range of motion
	10/leg	10/leg	10/leg			
Lying Dumbbell Overhead Pullover						Lie on either a bench or a ball depending on comfort
	15	15	15			
YTWL	NA	NA	NA			Perform all Y's in a row, then T's, etc
	10 each	10 each	10 each			
CARDIO						
OTHER						
<p>Always warm up for 5-10 minutes before starting your workout. First set is a working set and should be performed with a challenging weight and good form.</p> <p>Perform all sets of each exercise before moving on to the next exercise. Rest 1 min between sets. Complete each set 3-4 times</p>						